



~~Common~~ <sup>Common</sup> ~~Child~~ <sup>Child</sup> cured by the breast of a  
pigeon (feathers were pluck'd off, from  
y<sup>e</sup> breast & held to the feet of y<sup>e</sup> stomach &  
3/4 of an hour — the child was cured & y<sup>e</sup> bird  
was convulsed & died — Green Gay N: 575

~~King worms~~ <sup>King worms</sup> cured by the a frequent fric<sup>c</sup>  
of y<sup>e</sup> parts affected, with Mushroom kitchn,  
its never failing remedy for ring worms, &  
as any cutaneous disorder — Green Gay N: 581

# PRIMITIVE PHYSICK:

William, OR, AN *Woodbridge*,  
June, EASY AND NATURAL ~~1777~~.

## METHOD

OF CURING

## MOST DISEASES.

By JOHN WESLEY.

1777. 1433.

111021

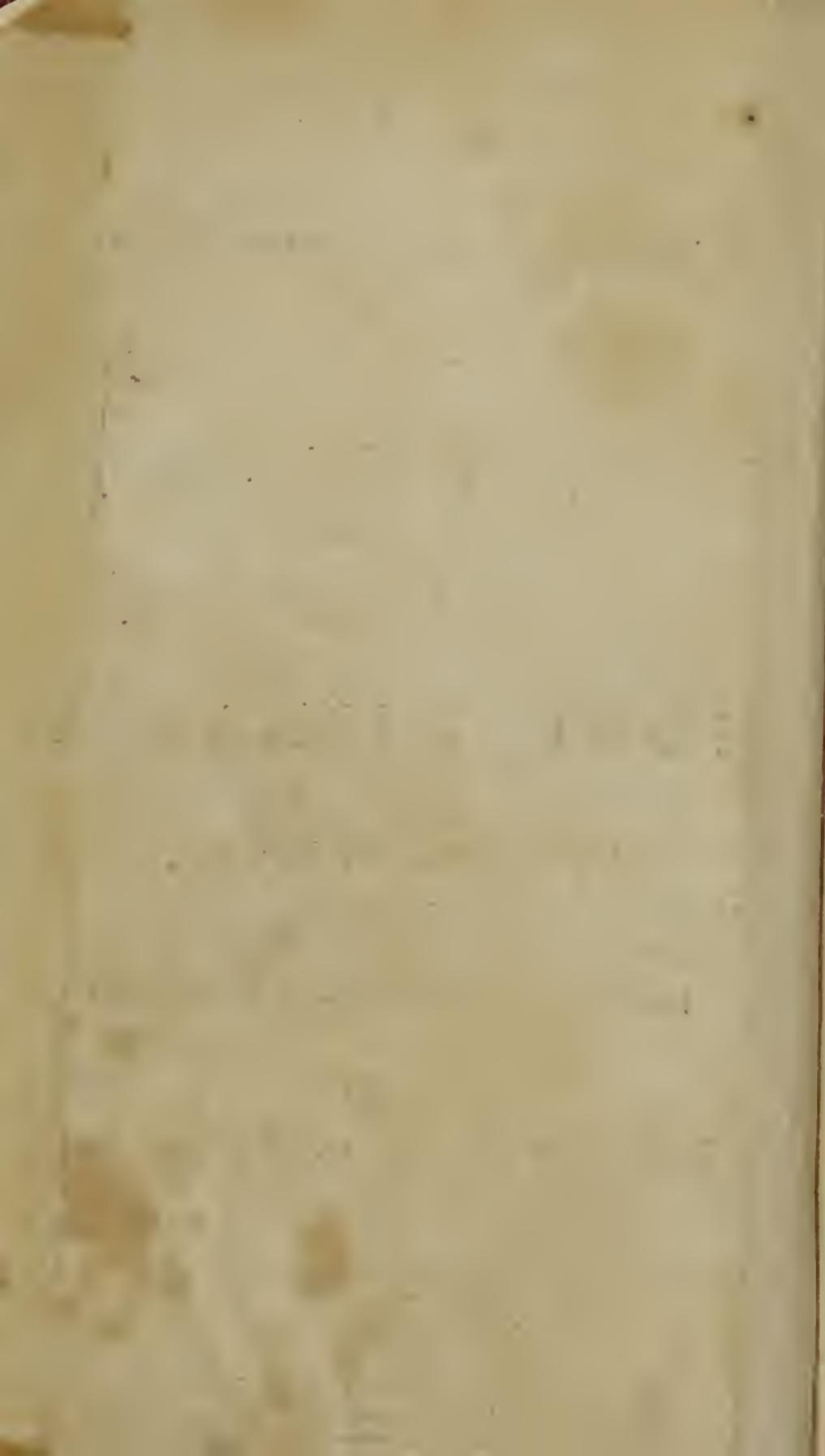
Homo sum: humani nihil a me alienum puto.

The FOURTEENTH EDITION, corrected and much enlarged.

---

PHILADELPHIA:

Printed by JOSEPH CRUKSHANK, in Third  
street, opposite the Work house. 1770.



# C O N T E N T S.

A	F
<b>A BORTION</b> , page 19	Falling Sickness
Ague, ibid. and 20	Falling of the Fundament
Anthony's (St.) Fire, 21	----of the Womb
Apoplexy	Fever
Appetite (Canine) } 22	Fistula
Asthma	Flux
B	G
Baldness	Gout
Bleeding at the Nose } 23	Gravel
Bleeding of a Wound	Green Sickness
Blood (spitting or vomit- ing) } 24	Gums wasting away
Blood coagulated	
Boils	
Feasts (Hard) } 25	Head-Ach
---Sore and swell'd	Hemicrania
Bruise	Head stopt
Burn or Scald.	Heart burning
C	Hiccup
Cancer	Hoarseness
Chilblains	Hypocondriac and Hyste- rick Disorders
Cain Cough or Hooping } 26	
Cough	
Cholera Morbus } 27	
Chop Hands and Lips	
Cold	
Clicks of various Sorts } 28	
Consumption	
Convulsions	
Corns	
Costiveness	
Coughs	
Cramp	
Cut	
D	
Deafness	
Delivery (to cause an easy) } 29	
Diabetes	
Dropfy } 30	
E	
Ear Ach	
Ears (disorders of the) } 31	
Eyes (disorders of the) 38 to 41	
F	
Falling Sickness	
Falling of the Fundament } 42	
----of the Womb } 43	
Fever	
Fistula } 44	
Flux	
G	
Gout	
Gravel } 45	
Green Sickness } 46	
Gums wasting away } 47	
H	
Head-Ach	
Hemicrania } 48	
Head stopt	
Heart burning } 49	
Hiccup	
Hoarseness	
Hypocondriac and Hyste- rick Disorders } 50	
I	
Jaundice	
Iliac Passion } 49	
Imposthume } 50	
Joints (Pain in the)	
Itch	
K	
King's Evil	
Kidney's (Stoppage in the) } 51	
L	
Legs sore } 52	
Leprofy } 53	
Lethargy } 54	
Lightning, Damp, or Suf- focating (for one seem- ingly Killed with) } 55	
Lues Venerea } 56	
Lunacy } 57	
M	
Madness } 58	
Mad Dog (Bite of a) } 59	
Measles } 60	
Menses obstructed } 61	
N	
Milk } 62	

# C O N T E N T S.

Milk coagulated	} 56	Stomach (Pain on the)	} 68
----to increase		Stone	
N		Stoppage in the Kidneys	69
Nervous Disorders	} 56	Stranguary	} 70
P		Sunburn	
Pain in the Back	} 57	Sweating (profuse)	} 70
Palfey		Swelled Glands	
Palpitation of the Heart	} 58	—Legs	} 70
Piles		—Throat	
Plague	} 59	Swelling (white)	} 70
Pleurisy		T	
Poison'd (to one)	} 60	Teeth, (Disorders of the)	} 70
Prick or Cut that fester		Testicles (Pain in the)	
Purge	} 60	Thorns, &c. to draw out	} 72
Q		Thrush	
Quinsy	} 61	Torpor or numbness of	} 72
R		the limbs	
Rheumatism	} 61	Twisting of the Guts	} 73
Rickets		Tympany or windy dropsy	
Ring Worms	} 62	V	} 73
Running at the Nose		Vein or Sinew cut	
Rupture	} 62	Vertigo or Swimming in	} 73
S		the Head	
Scald Head	} 63	Vigilia, Inability to sleep	} 73
Sciatica		Viper or Rattle Snake (bite	
Serotum (Inflammations	} 63	of a)	} 74
of the)		Ulcers	
Scorbutic Atrophy, Pains,	} 64	Vomit (an easy and safe)	} 74
and Sores		Vomiting to stop	
Scurvy	} 64	Urine (Bloody)	} 75
Shin broken		—by Drops with Heat	
Shingles	} 65	and pain	} 75
Sickness in the Morning		Urine (Involuntary)	
Skin rubbed off	} 65	—(Sharp)	} 76
Small Pocks		—(Suppression of)	
Sore Mouth	} 66	Uvula inflamed	} 76
Sore Throat		—relax'd	
Sprain	} 67	W	} 76
Sting of a Bee, or Nettle		Warts	
&c.	} 67	Whites	} 76
Stich in the Side		Whitlow	
Sickness (accidental)	} 67	Weakness in the Ankles	} 77
		Worms	
	Wounds		78

## THE

## P R E F A C E.

WHEN MAN came first out of the Hands of the great CREATOR, cloath'd in Body as well as in Soul, with Immortality and Incorruption, there was no Place for Physick, or the Art of Healing. As he knew no Sin, so he knew no Pain, no Sickness, Weakness, or bodily Disorder. The Habitation wherein the angelick Mind, the *Divinae Particulae Auræ* abode, altho' originally formed out of the Dust of the Earth, was liable to no Decay. It had no Seeds of Corruption or Dissolution within itself. And there was nothing without to injure it: Heaven and Earth, and all the Hosts of them, were mild, benign and friendly to human Nature. The entire Creation was at Peace with Man, so long as Man was at Peace with his Creator. So that well might the Morning Stars sing together, and all the Sons of GOD shout for Joy.

2. But since Man rebell'd against the Sovereign of Heaven and Earth, how entirely is the Scene changed? The incorruptible Frame hath put on Corruption, the Immortal has put on Mortality. The Seeds of Weakness and Pain, of Sickness and Death, are now lodged in our inmost Substance: Whence a thousand Disorders continually spring, even without the Aid of external Violence. And how is the Number

of these increased, by every Thing round about us? The Heavens, the Earth, and all Things contained therein, conspire to punish the Rebels against their Creator. The Sun and Moon shed unwholsome Influences from above; the Earth exhales poisonous Damps from beneath: The Beasts of the Field, the Birds of the Air, the Fishes of the Sea, are in a Sate of Hostility: The Air itself, that surrounds us on every Side, is replete with the Shafts of Death: Yea, the Food we eat, daily saps the Foundation of the Life, which cannot be sustained without it. So has the LORD of All secured the Execution of his Decree, "*Dust thou art, and unto Dust shalt thou return.*"

3. But can there Nothing be found to lessen those Inconveniences, which cannot be wholly removed? To soften the Evils of Life, and prevent in Part the Sicknes and Pain to which we are continually expos'd? Without Question there may. One grand Preventive of Pain and Sicknes of various Kinds, seems intimated by the great Author of Nature, in the very Sentence that intails Death upon us: "*In the Sweat of thy Face shalt thou eat Bread, 'til thou return to the Ground.*" The Power of Exercise, both to preserve and restore Health, is greater than can well be conceived: Especially in those who add Temperance thereto; who, if they do not confine themselves altogether to eat either "*Bread, or the Herb of the Field,*" (which GOD does not require them to do) yet steadily observe both that Kind and Measure of Food, which Experience shews to be most friendly to Health and Strength.

4. 'Tis probable PHYSICK, as well as RELIGION, was in the first Ages chiefly traditional : Every Father delivering down to his Sons, what he had himself in like Manner received, concerning the Manner of healing both outward Hurts, and the Diseaseſ incident to each Climate, and the Medicines which were of the greatest Efficacy for the Cure of each Disorder. 'Tis certain, this is the Method wherein the Art of Healing is preserved among the *Americans*, to this Day. Their Diseaseſ, indeed, are exceeding few ; nor do they often occur, by Reason of their continual Exercise, and ('til of late, univerſal) Temperance. But if any is ſick, or bit by a Serpent, or torn by a wild Beast, the Fathers immediately tell their Children what Reimedy to apply. And 'tis rare, that the Patient ſuffers long ; those Medicines being quick, as well as generally infallible.

5. Hence perhaps it was that the Antients, not only of *Greece* and *Rome*, but even of barbarous Nations, usually affign'd Physick a Divine Original. And indeed it was a natural Thought, That He who had taught it to the very Beasts and Birds, the *Cretan* Stag, the *Egyptian* Ibis, could not be wanting to teach Man ;

*Sanctius his Animal, mentisque capacious altæ :*

Yea, ſometimes, even by those meaner Creatures : For it was easy to infer, " If this will heal that Creature, whose Flesh is nearly of the ſame Texture with mine, then in a parallel Case it will heal me." The Trial was made. The

Cure was wrought. And Experience and Phy-  
sick grew up together.

6. And has not the Author of Nature taught us the Use of many other Medicines, by what is vulgarly term'd Accident? Thus one walking some Years since in a Grove of Pines, at a Time when many in the neighbouring Town were afflicted with a Kind of new Distemper, little Sores in the Inside of the Mouth, a Drop of natural Gum fell from one of the Trees on the Book which he was reading. This he took up, and thoughtlessly applied to one of those sore Places. Finding the Pain immediately ceas'd, he applied it to another, which was also presently healed. The same Remedy he afterwards imparted to others, and it did not fail to heal any that applied it. And doubtless numberless Remedies have been thus casually discovered in e-  
very Age and Nation.

7. Thus far Physick was wholly founded on Experiment. The *European*, as well as the *American*, said to his Neighbour, Are you sick? Drink the Juice of this Herb, and your Sicknes will be at an End. Are you in a burning Heat? Leap into that River, and then sweat 'til you are well. Has the Snake bitten you? Chew, and apply that Root, and the Pois'on will not hurt you. Thus antient Men, having a little Experience, joined with common Sense, and commo Humanity, cured both themselves and their Neighbours, of most of the Distempers to which every Nation was subject.

8. But in Proces of Time, Men of a philo-  
sophical Turn were not satisfied with this. The

began to enquire, How they might account for these Things? How such Medicines wrought such Effects? They examined the human Body, and all its Parts ; the Nature of the Flesh, Veins, Arteries, Nerves ; the Structure of the Brain, Heart, Lungs, Stomach, Bowels ; with the Springs of the several Animal Functions. They explored the several Kinds of Animal and Mineral, as well as Vegetable Substances. And hence the whole order of Physick which had obtained to that Time, came gradually to be inverted. Men of Learning began to set Experience aside ; to build Physick upon Hypothesis ; to form Theories of Diseases and their Cure, and to substitute these in the Place of Experiments.

9. As Theories increased, simple Medicines were more and more disregarded and disused : 'til, in a Course of Years, the greater Part of them were forgotten, at least in the politer Nations. In the Room of these, Abundance of new Ones were introduced, by reasoning, speculative Men ; and those more and more difficult to be applied, as being more remote from common Observation. Hence Rules for the Application of these, and Medical Books, were immensely multiplied ; 'til at length Physick became an abstract Science, quite out of the Reach of ordinary Men.

10. Physicians now began to be had in Admiration, as Persons who were something more than human. And Profit attended their Employ, as well as Honour : so that they had now two weighty Reasons for keeping the Bulk of Mankind at a Distance, that they might not pry into

into the Mysteries of the Profession. To this End they increased those Difficulties by Design, which began in Manner by Accident. They filled their Writings with Abundance of Technical Terms, utterly unintelligible to plain Men. They affected to deliver their Rules, and to reason upon them, in an abstruse and philosophical Manner. They represented the critical Knowledge of Anatomy, Natural Philosophy, (and what not? Some of them insisting on that of Astronomy and Astrology too) as necessarily previous to the understanding the Art of Healing. Those who understood only, How to restore the Sick to Health, they branded with the Name of Empiricks. They introduced into Practice. Abundance of compound Medicines, consisting of so many Ingredients, that it was scarce possible for common People to know which it was that wrought a Cure: Abundance of Exoticks, neither the Nature nor Names of which their own Countrymen understood: Of Chymicals, such as they neither had Skill, nor Fortune, nor Time, to prepare: Yea, and of dangerous Ones, such as they could not use without hazarding Life, but by the Advice of a Physician. And thus both their Honour and Gain were secured; a vast Majority of Mankind being utterly cut off from helping either themselves or their Neighbours, or once daring to attempt it.

11. Yet there have not been wanting from Time to Time, some Lovers of Mankind, who have endeavoured (even contrary to their own Interest) to reduce Physick to its antient Standard: Who have laboured to explode out of it all

ll Hypotheses, and fine-spun Theories, and to make it a plain intelligible Thing, as it was in the Beginning; having no more Mystery in it than this, "Such a Medicine removes such a Pain." These have demonstrably shewn, That neither the Knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is absolutely necessary to the quick and effectual Cure of most Diseases incident to human Bodies: Nor yet any Chymical, or Exotick, or Compound Medicine, but a single Plant or Fruit duly applied. So that every Man of common Sense (unless in some rare Cases) may prescribe either to himself or his Neighbour; and may be very secure from doing Harm, even where he can do no Good.

12. Even to the last Age there was something of this Kind done, particularly by the great and good Dr. Sydenham: And in the present, of his Pupil Dr. Dover, who has pointed out simple Medicines for many Diseases. And some such may be found in the Writings of the learned and ingenious Dr. Cheyne: Who doubtless would have communicated many more to the World, but for the melancholy Reason he gave one of his Friends, that prest him with some Passages in his Works, which too much countenanced the modern Practice, "O Sir, We must do something to oblige the Faculty, or they will tear us in Pieces."

13. Without Regard to this, without any Concern about the obliging or disobliging any Man living, a mean Hand has made here some little Attempt toward a plain and easy Way of curing

know your Distemper, (which is very easie, unless in a Complication of Disorders, and then you would do well to apply to a Physician that fears God) First, use the first of the Remedies for that Disease which occurs in the ensuing Collection; unless some other of them be easier to be had and then it may do just as well.) Secondly, After a competent Time, if it takes no effect, use the second, the third, and so on. I have purposely set down (in most Cases) several Remedies for each Disorder; not only because All are not equally easy to be procured at all Times and in all Places: But likewise because the Medicines which cures one Man, will not always cure another of the same Distemper. Nor will it cure the same Man at all Times. Therefore it was necessary to have a Variety. However, I have subjoin'd the Letter *I* to those Medicines, which are said to be infallible.—Thirdly, Observe the Time the greatest Exactness in your Régimen, or manner of Living. Abstain from mixt, or all high season'd Food. Use plain Let, easy of Digestion: And this as sparingly as you can, consistent with Ease and Strength. Drink only Water, if it agrees with your Stomach, if not, good clear Small-beer. Use much Exercise daily, in the open Air, as you can without Weariness. Sup at Six or Seven on the lightest Food: Go to Bed early, and rise betimes. To persevere with Steadiness in the Course, is often more than half the Cure. Above all, add to the rest, (for it is not Labour lost) that old, unfashionable Medicine, PRAYE. And have Faith in God, who “ killeth and maketh alive ”

eth alive, who bringeth down to the Grave and bringeth up."

16. For the Sake of those who desire, through the Blessing of God, to retain the Health which they have recovered, I have added a few plain easy Rules, chiefly transcribed from Dr. *Cheyne*.

I. 1. The Air we breathe is of great Consequence to our Health. Those who have been long abroad in Easterly or Northerly Winds, should drink some thin and warm Liquor going to Bed: or a Draught of Toast and Water.

2. Tender People should have those who lie with them or are much about them, sound, sweet and healthy.

3. Everyonethat would preserve Health should be as clean and sweet as possible in their Hous-es, Cloaths, and Furniture.

II. 1. The great Rule of Eating and Drinking is, To suit the Quality and Quantity of Food to the Strength of our Digestion; to take always such a Sort and such a Measure of Food, as fits light and easy on the Stomach.

2. All pickled, or smoaked, or salted Food, and all high-seas'on'd is unwholsome.

3. Nothing conduces more to Health, than Abstinence and plain Food, with due Labour.

4. For studious Persons, about eight Ounces of Animal Food, and twelve of Vegetable in twenty-four Hours is sufficient.

5. Water is the wholsomest of all Drinks; quickens the Appetite and strengthens the Digestion most.

6. Strong, and more especially spirituous Li-quors, are a certain though slow Poison.

7. Experience shews, there is no Manner of Danger, in leaving them off all at once.

8. Strong Liquors do not prevent the Mischiefs of a Surfeit, nor carry it off so safely as Water.

9. Malt Liquors (except clear Small Beer of a due Age) are exceeding hurtful to tender Persons.

10. Coffee and Tea are extremely hurtful to Persons who have weak Nerves.

III. 1. Tender Persons should eat very light Suppers; and that two or three Hours before going to Bed.

2. They ought constantly to go to Bed about Nine, and rise at Four or Five.

IV. 1. A due Degree of Exercise is indispensably necessary to Health and long Life.

2. Walking is the best Exercise for those who are able to bear it. Riding for those who are not. The open Air, when the Weather is fair, contributes much to the Benefit of Exercise.

3. We may strengthen any weak Part of the Body by constant Exercise. Thus the Lungs may be strengthened by loud speaking, or walking up an easy Ascent. The Arms or Hams by strongly rubbing them daily.

4. The Studious ought to have stated Times for Exercise, at least two or three Hours a Day: The one half of this before Dinner, the other before going to Bed.

5. They should frequently shave, and frequently wash their Feet.

6. Those who read or write much, should learn to do it standing; otherwise it will impaire their Health.

7. The fewer Cloaths any one uses, by Day or Night, the hardier he will be.

8. Exercise, first, should be always on an empty Stomach ; secondly, should never be continued to Weariness ; thirdly, after it, we should take Care to cool by Degrees. Otherwise we shall catch Cold.

9. The Flesh-brush is a most useful Exercise especially to strengthen any Part that is weak.

10. Cold-bathings is a great Advantage to Health. It prevents Abundance of Diseases. It promotes Perspiration, helps the Circulation of the Blood, and prevents the Danger of catching Cold. Tender People should pour Water upon the Head before they go in, and walk in, swiftly. To jump in with the Head foremost, is too great a Shock to Nature.

V. 1. Costiveness cannot long consist with Health. Therefore Care should be taken to remove it at the Beginning ; and when it is removed, to prevent its Return, by soft, cool, opening Diet.

2. Obstructed Perspiration (vulgarly called catching Cold) is one great Source of Diseases. Whenever there appears the least Sign of this let it be removed by gentle Sweats.

VI. 1. The Passions have a greater Influence on Health than most People are aware of.

2. All violent and sudden Passions dispose to, or actually throw People into acute Diseases.

3. The slow and lasting Passions, such as Grief and hopeless Love, bring on chronical Diseases.

4. 'Till the Passion which caused the Disease is calm'd, Medicine is applied in vain.

5. The Love of God, as it is the sovereign Remedy of all Miseries, so in particular it effectually prevents all the bodily Disorders the Passions introduce, by keeping the Passions themselves within due Bounds. And by the unspeakable Joy and perfect Calm, Serenity and Tranquillity it gives the Mind, it becomes the most powerful of all the Means of Health and long Life.

LONDON June 11,

1759.



## POSTSCRIPT.

1. IT was a great Surprise to the Editor of the following Collection, that there was so swift and large a Demand for it; that nine Impressions were called for in four or five Years; and that it was not only republished by the Booksellers in a neighbouring Nation, but also inserted by Parts in their public Papers, and so propagated through the whole Kingdom. This encouraged him carefully to revise the whole, and to publish it again, with several Alterations, which it is hoped may make it of greater Use to those who love common Sense and common Honesty.

2. Those Alterations are still in Pursuance of my first Design, To set down cheap, and safe, and easy Medicines; easy to be known, easy to be procured, and easy to be applied by plain unlettered Men. Accordingly, I have omitted a considerable Number which, tho' cheap and safe, were

were not so common or well known; and added almost an equal Number, to which that Objection cannot be made: which are not only of small Price, and extreamly safe, but likewise easilly to be found, if not in every House or Yard, yet in every Town, and almost every Village throughout the Kingdom.

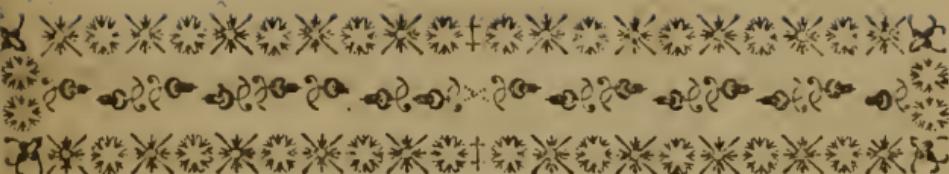
3. Is it because they are not safe, but extremely dangerous, that I have omitted (together with Antimony) the four *Herculian Medicines*, Opium,\* the Bark,\* Steel, and the various Preparations of Quicksilver. Herculian indeed! Far too strong for common Men to grapple with. How many fatal Effects have these produced, even in the Hands of no ordinary Physicians? With regard to four of these, the Instances are glaring and undeniable. And whereas Quicksilver, the fifth, in its native Form, as innocent as Bread or Water, has not the Art been discover'd, so to prepare it, as to make it the most deadly of all Poissons? These Physicians have justly termed edged Tools. But they have not yet taught them to wound at a Distance: And honest Men are under no Necessity of touching them, or coming within their Reach.

4. Instead of these, I have once more ventured to recommend to Men of plain unbiassed Reason, such Remedies as Air, Water, Milk, Whey, Honey, Treacle, Salt, Vinegar, and common English Herbs, with a few foreign Medicines, almost equally cheap, safe and common. And this I have done on that Principle, whereby I desire

to be governed in all my Actions, “ Whatsoever ye would that Men should do unto you the same do unto them.”

5. At the Request of many Persons, I have likewise added plain Definitions of most Distempers; not indeed accurate or philosophical Definitions, but such as are suited to Men of ordinary Capacities, and as may just enable them, in common, simple Cases, to distinguish one Disease from another. In uncommon or complicated Diseases, or where Life is more immediately in Danger I again advise every Man, without Delay, to apply to a Physician that fears God;

*Bristol, Oct. 16, 1755.*



A

# COLLECTION. OF RECEIPTS.

---

1 Abortion (to prevent.)

1. USE daily a Decoction of *Lignum Guaiacum*.

2 For an Ague \*

2. Go into the *Cold Bath* just before the Cold Fit.

3. Or. take a handful of *Groundsel*, shred it small, put it into a Paper Bag, four Inches square, pricking that Side which is to be next the Skin, full of Holes. Cover this with a thin Linen, and wear it on the Pit of the Stomach, renewing it two Hours before the Fit : Tried.

4. Or, apply a Handful of *Yarrow* in like Manner :

5. Or, a large *Onion* slit :

6. Or, boil *Yarrow* in new Milk, 'till it is tender enough to spread as a Plaister. An Hour before the cold Fit, apply this to the Wrists, and let it be on 'till the hot Fit is over. If another Fit comes, use a fresh Plaister : this often cures a *Quartan*.

7. Or, drink a *Quart* of *cold Water*, just before the cold Fit. Then go to Bed and sweat :

8. Or, make six middling Pills of *Cobwebs*, Take one a little before the cold Fit : Two a little before the next Fit :

\* An Ague is, An Intermittent Fever, each Fit of which is preceded by a cold Shivering, and goes off in a Sweat.

Fit: The other three, if Need be, a little before the third Fit. I never knew this fail:

9. Or, two Tea-spoonfuls of *Sal Prunellæ* an Hour before the Fit. It commonly cures in thrice taking:

10. Or, a Tea-spoonful of *Spirits of Hartshorn*, in a Glass of Water:

11. Or, eat a *Lemon*, Rind and all:

12. Or, drink a Pint of Decoction of *Camomile*, sweetn'd with Treacle. Take it warm in Bed, and sweat two Hours.

*It is proper to take a gentle Vomit before you use any of these Medicines. If this is taken two Hours before the Fit is expected it generally prevents that Fit, and sometimes cures an Ague: Especially in Children.—It is also proper to repeat the Medicine (whatever it be) about a Week after, in order to prevent a Relapse.*

### 3. A Tertian Ague †

13. Boil a Handful of *Ribwort* in Whey. Drink this warm an Hour before the Fit comes, and lie down and sweat:

14. Or, use the *Cold Bath*. (Unless you are of an advanced Age, or extreamly weak) But when you use this, on any Account whatever, it is proper.

1. To bleed or purge, before you begin;

2. To go in cool; to immerge at once; to stay in only two or three Minutes, (or less at first.)

3. Never to bathe on a full Stomach:

4. To bathe twice or thrice a Week at least, 'till you have bathed nine or ten Times:

5. To sweat immediately after it (going to Bed) in Palsies Rickets, and all Diseases wherein the Nerves are obstructed:

6. You may use yourself to it, without any Danger, by beginning in *May*, and at first just plunging in, and coming out immediately. Tho' many have begun in *Winter*, without any Inconvenience.

### 4. A Quartan Ague. †

15. Apply to the Suture of the Head, when the Fit is coming

† That is an *Ague* which returns every other Day---In this use light and sparing Diet on the Day between.

† That is, an *Ague* which misses two Days coming on *Monday* (suppose) and again on *Thursday*.

ing, *Wall July Flowers*, beaten together Leaves and Flowers with a little Salt. Keep it on 'till the hot Fit is over. Repeat this if need be.

16. Use strong Exercise (as Riding or Walking, as far as you can bear it) an Hour or two before the Fit. If possible, continue it 'till the Fit begins. This alone will frequently cure.
17. Or, apply to the Wrists a Plaister of Turpentine: Or of bruised Garlick:
18. Or of bruised Pepper, mixt with Treacle.

### 5. St. Anthony's Fire. \*

19. Take a Glass of Tar-Water warm in Bed, every Hour washing the Part with the same.

Tar-Water is made thus.—Put a Gallon of cold Water to a Quart of Norway Tar. Stir them together with a flat Stick for five or six Minutes. After it has stood cover'd for three Days, pour off the Water clear, bottle and cork it.

20. Or, drink a Pint of Sea-Water every Morning for seven Days. It seldom fails.

21. Or, take a Decoction of Elder-Leaves, as a Sweat;

22. Or, of wild Thyme, applying to the Part a Cloth dipt in Lime Water, mixt with a little camphorated Spirits of Wine.

Lime-Water is made thus.—Infuse a Pound of good quick Lime, in six Quarts of Spring Water for twenty-four Hours. Decant and keep it for Use.

23. Or, take two or three gentle Purges. No acute Fever bears repeated Purges better than this, especially when it affects the Head.

24. Or, (using the Internal Medicine at the same Time) apply a Plaister of Venice Treacle:

25. Or, wash it with Water wherein Bran is boiled:

26. Or, boil a Handfull of Sage, two Handfulls of Elder-leaves (or Bark) and an Ounce of Allum in two Quarts of Forge Water, to a Pint. Anoint with this every Night.

6.

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\* St. Anthony's Fire is a Fever attended with a red and painful Swelling, full of Pimples, which afterwards turn into small Blisters, on the Face or some other Part of the Body. The sooner the Eruption is, the less Danger.—Let your Diet be only Water-Gruel, or Barley-Broth, with roasted Apples.

## 6. The Apoplexy. †

27. To prevent, use the *Cold Bath*, and drink only Water.
28. In the Fit, blow Powder of white *Helebore* up the Nose, and fix a *Cupping Glass*, without scartifying, to the Nape of the Neck and another to each Shoulder. But send for a good Physician immediately.
29. If the Fit be soon after a Meal, do not bleed, but vomit.
30. Rub the Head, Feet, and Hands strongly, and let two strong Men carry the Patient upright, backward and forwards about the Room.
31. A *Seton* in the Neck, with low Diet, has often prevented a Relapse.

## 7. Canine Appetite. \*

32. " If it be without Vomiting, is often cured by a small Bit of Bread dipt in Wine, and applied to the Nostrils." Dr. Schomberg.

## 8 The Asthma. ||

33. Take a Pint of *cold Water* every Night, as you lie down in Bed :
34. Or, a Pint of *cold Water* every Morning, *washing* the Head therein immediately after, and using the *Cold Bath* once a Fortnight :
35. Or, half a Pint of *Tar-Water* twice a Day :
36. Or, drink a Pint of *Sea-Water* every Morning :
37. Or, live a Fornight on boiled *Carrots* only. It seldom fails.
38. Or, a Spoonful of *Nettle-juice*, mixt with clarified *Honey*.
39. Or take an ounce of *Quicksilver* every Morning, and a Spoonful of the *Gas of Sulpher*, in a large Glass of Spring-Water at Five in the Evening, and at Bed-time, 'till you are well. I.

† An *Apoplexy* is, A total Loss of all Senses, and voluntary Motion, commonly attended with a strong Pulse, hard Breathing and Snorting.

\* An insatiable Desire of Eating.

|| An *Asthma* is a Difficulty of Breathing, from a Disorder in the Lungs. In the common (or moist) *Asthma*, the Patient spits much.

40. For present Relief, Vomit with a Quart or more of warm Water. The more you drink of it the better. Do this whenever you find any Motion to vomit, and take Care always to keep your Body open.

### 9. A Dry Convulsive Asthma.

41. Juice of *Radishes* relieves much ; so does

42. A Cup of strong *Coffee*,

43. Or, *Garlick*, either raw or preserved, or in Syrup :

44. Or, Tea made with *Hysop*, *Ground-Ivy*, *Daisy-Flowers* and *Liquorish* ;

45. Drink a Pint of new *Milk* Morning and Evening. --- That has cured an inveterate *Asthma*.

46. Use the *Cold Bath* thrice a Week :

47. Or, beat fine *Saffron* small, and take eight or ten Grains every Night :

48. Or, dry and powder a *Toad*. Make it into small Pills, and take one every Hour 'till the Convulsions cease.

49. In any *Asthma*, the best Drink is *Apple-Water*.

### 10. To cure Baldness.

50. Rub that Part Morning and Evening, with *Onions*, 'till it is red ; and rub it afterwards with *Honey*.

### 11. Bleeding at the Nose (to prevent)

51. Drink *Whey* largely every Morning, and eat *Raisins* much :

52. Or, apply to the Neck behind and on each Side, a Cloth dipt in *cold-Water* :

53. Or, wash the Temples, Nose and Neck with *Vinegar* :

54. Or, chew *Nettle-Root*, spitting out the Juice :

55. Hold a *red-hot Poker* under the Nose :

56. Or, steep a *Linen Rag* in *sharp Vinegar*, burn it, and blow it up the Nose with a *Quill*.

### 12. Bleeding of a Wound.

57. Make tight *Ligatures* on the Arms :

58. Or, apply Tops of *Nettles* bruised :

59. Or, Leaves of *All-heal* bruised : I.

60. Or, spread the *Ashes* of a Linen Cloth thick on another Linen Cloth, and apply it :

61. Or, strew on it the *Ashes* of a Linen Rag, dipt in sharp *Vinegar* and burnt :

62. Or take ripe *Puff-Balls*. Break them warily and save the Powder. Strew this on the Wound and bind it on. —This will absolutely stop the Bleeding of an amputate Limb without any *Cautery*.

### 13. Spitting Blood.

63. Take half a pint of stew'd *Prunes*, and lying down for two or three Nights :

64. Or, a Glass of Decoction of Onions :

65. Or, four Spoonfuls of Juice of *Nettles* every Morning and a large Cup of Decoction of *Nettles* at Night for Week :

66. Take frequently a spoonful of the Juice of *Nettles* and *Plantane* Leaves, and sweetened with Sugar Candy :

67. Or, three Spoonfuls of *Sage*-juice in a little *Honey*. This presently stops either spitting or vomiting Blood :

68. Or, half a Tea-spoonful of *Barbadoes Tar* on a Lump of Loaf Sugar at Night. It commonly cures at Once.

### 14. Vomiting Blood.

69. Take three Spoonfuls of *Sage*-juice in *Honey*.

70. Or, two Spoonfuls of *Nettle*-juice.—(This also dissolves Blood coagulated in the Stomach.)

71. Or, one Spoonful of the Juice of *Quinces* :

72. Or, a Quarter of a Pint of Decoction of *Nettles* and *Plantane* two or three Times a day.

### 15. To dissolve coagulated Blood.

73. Bind on the Part for some Hours a Paste made of *Black Soap* and *Crumbs* of *white Bread* :

74. Or, grated Root of *Burdock* spread on a Rag: Renew this twice a Day.

### 16. Boils.

75. Apply a little *Venice Turpentine* :

76. Or, a Plaister of *Honey* and *Wheat-Flour* :  
 77. Or, of *Figs* :  
 78. Or, a little *Saffron* in a white Bread Poultis,—  
 'Tis proper to purge also.

### 17. Hard Breasts.

79. Apply *Turnips* *roasted* 'till soft, then mash'd and mixt with a little *Oil of Roses*. Change this twice a Day, keeping the Breast very warm with Flannel.

### 18. Sore Breasts and swell'd.

80. Boil a Handful of *Camomile* and as much *Mallows* in Milk and Water. Foment with it between two Flannels as hot as can be borne every twelve Hours. It also dissolves any Knob or Swelling in any Part.

### 19. A Bruise.

81. Immediately apply *Treacle* spread on brown Paper :  
 82. Or, *clarified Honey* :  
 83. Or, rub it with one Spoonful of *Oil of Turpentine* and two of *Neats-foot Oil* :  
 84. Or, apply a plaister of chopt *Parsley* mixt with Butter :  
 85. Or, a Fomentation of *Verjuice* and *Camomile* Flowers.

### 20. To prevent Swelling from a Bruise.

86. Immediately apply a Cloth, five or six Times double, dipt in *cold-Water*, and new dipt when it grows warin.

### 21. To cure a Swelling from a Bruise.

87. Foment it half an Hour, Morning and Evening, with Cloths dipt in *Water*, as hot as you can bear :  
 88. Or, apply *Sea-weed*.

### 22. A Burn or Scald.

89. Immediately plunge the Part into *cold Water*. Keep it in an Hour, if not well before. Perhaps four or five Hours :  
 90. Or, if the part cannot be dipt, apply a Cloth four Times doubled, dipt in *cold Water*, changing it when it grows warm :

91. Or, apply a bruised Onion :
92. Or, Tincture of Myrrh :
93. Or, Oil and Parsley stampt together,
94. Or, apply Oil, and strew on it powder'd Ginger.

### 23. A deep Burn or Scald.

95. Apply black Varnish with a Feather 'till it is well :
96. Or, inner Rind of Elder well mixt with fresh Butter. When this is bound on with a Rag, plunge the Part into cold Water. This will suspend the Pain 'till the Medicine heals.

### 24. A Cancer in the Breast. †

97. Use the Cold Bath. (This has cured many.) This has cured Mrs. Bates of Leicestershire, of a Cancer in her Breast, a Consumption, a Sciatica, and Rheumatism, which she had near twenty Years.—She bathed daily for a Month and drank only Water.

Generally where Cold Bathing is necessary to cure any Disease, Water drinking is so, to prevent a Relapse.

98. If it be not broke, apply a piece of Sheet-lead beat very thin, and pricked full of Pin-holes, for Days or Weeks to the whole Breast.—Purges should be added every third or fourth Day :

99. Or, take a mellow Apple, cut off the Top, take out the Core, fill the Hole with Hogs-grease ; then cover it with the Top, and roast the Apple thoroughly, take off the Paring, beat the Pap well, spread it thick on Linen, and lay it warm on the Sore, putting a Bladder over it.—Change this every twelve or twenty four Hours :

100. Take Horse-purs and dry them by the Fire 'till they will beat to a Powder. Sift and infuse two Drachms in two Quarts of Ale ; drink half a Pint every six Hours, new Milk warm.—It has cured many.

101. Or, apply Cowe dung and Celandine beat well together, and lay on a fine Rag. It will both cleanse and heal Sore.

*A Cancer is an hard, round, uneven, painful Swelling, of a blackish or leaden Colour, the Veins round which seem ready to burst. It comes only at first with a Swelling about as big as a Pea, which does not at first give much Pain, nor change the Colour of the Skin.*

102. Or, a Poultis of *wild Parsnips*, Flowers, Leaves and Stalks, changing it Morning and Evening.  
 103. Or, live three Months on *Apples* and *Applewather* :  
 104. Or, take half a Dram of *Venice-Soap* twice a Day :  
 105. Or, take *Brimstone* and *Gas of Sulphur*, as Art. 39.—  
 This has cured one far advanced in Years.

### 25. A Cancer in any other Part.

106. Apply red *Onions* bruised :  
 107. Or, make a Plaister of *Roch-Allum*, *Venegar* and *Honey* equal Quantities, with *Wheat-flour*. Change it every twelve Hours. It often cures in three or four Days :  
 108. Or, stamp the Flowers, Leaves and Stalks of *wild Parsnips*, and apply them as a Plaister, changing it every twelve Hours. It usually cures in a few Days.

### 26. Cancer in the Mouth.

109. Boil a few Leaves of *Succory*, *Plantane* and *Rue*, with a Spoonful of *Honey*, for a Quarter of an Hour. Gargle with it often in an Hour. I.  
 110. Or, with *Vinegar* and *Honey* wherein half an Ounce of *Roch-Allum* is boiled :  
 111. Or, take an Ounce of *Flour of Sulphur*, and half an Ounce of *Roch-Allum* finely powder'd. Mix these well together with pure *Honey*, and apply often.

### 27. Chilblains (to prevent.)

112. Wear *Flannel Socks* :  
 113. Or, wash the Feet with *Flour of Mustard*.

### 28. Chilblains (to cure.)

114. Apply *Salt* and *Onions* pounded together :  
 115. Or, a *Poultis* of *roasted Onions* hot. Keep it on two or three Days, if not cured sooner :  
 116. Or, hot *Turnip-parings* roasted, changing them twice or thrice a Day.  
 117. Wash them (if broke) with *Tincture of Myrrh* in a little Water.

## 29. Chin-Cough or Hooping-Cough.

118. Use the *Cold Bath* daily :

119. Or, rub the Feet thoroughly with *Hog's-lard*, before the Fire, at going to Bed, and keep the Child warm therein :

120. Or, rub the Back at lying down with *old Rum*. It seldom fails.

121. Or, give a Spoonful of Juice of *Penny-royal* mixt with brown *Sugar-candy*, twice a Day :

122. Or, half a Pint of *Milk* warm from the Cow with the Quantity of a Nutmeg of Conserve of Roses dissolv'd in it every Morning

## 30. Cholera Morbus, i. e. Flux and Vomiting.

123. Drink two or three Quarts of *cold Water*, if strong ; of *warm Water*, if weak :

124. Or, boil a Chicken an Hour in two Gallons of Water, and drink of this 'till the Vomiting ceases.

## 31. Chopt Hands (to prevent.)

125. Wash them with *Flour of Mustard*: I.

126. Or, in *Bran* and *Water* boiled together :

127. To cure, wash with *soft Soap* mixt with *red Sand* :

128. Apply *Oil of Myrrh*.

## 32. Chopt Lips.

129. Apply a little *Sal Prunellæ*.

## 33. A Cold.

130. Drink a Pint of *cold Water* lying down in Bed :

131. Or, a Spoonful of *Treacle* in half a Pint of Water :

132. Or, to one Spoonful of *Oatmeal* and one Spoonful of *Honey*, add a Piece of *Butter* of the Bigness of a Nutmeg : Pour on gradually near a Pint of boiling Water ; drink this lying down in Bed.

## 34. A Cold in the Head.

133. Pare very thin the *yellow Rind* of an *Orange*. Roll it up inside out and thrust a Roll into each Nostril.

## 35. The Colick (in the Fit.)

134. Drink a Pint of *cold Water*:

135. Or a Quart of *warm Water*:

136. Or, as largely as possible of *warm Tar-Water*:

137. Or, a Pint of Water in which a *red hot Flint* is quenched:

138. Or, drink largely of *Camomile-Tea*:

139. Or, of Decoction of *Mallows*:

140. Or take thirty Drops of *Spirit of Turpentine*, in a Glass of Water:

141. Or from two Scruples to half a Dram of *Yellow-peel* of *Oranges* powder'd, in a Glass of Water:

142. Or beat together into a Cake one Part of stoned *Raisins* of the *Sun*, and three Parts of *Juniper-Berries*; eat more or less according to the Pain:

143. Or, take from forty to an hundred Drops of *Oil of Anise-seed*, on a Lump of Sugar:

144. Or, apply outwardly a Bag of *hot Oats*.

## 36. Colick in Children.

145. Give a Scruple of powder'd *Anise-seed* in their Meat.

## 37. Bilious Colick. ||

146. Give a Spoonful of *sweet Oil* every Hour.—

This has cured one, judged to be at the Point of Death.

147. Or, boil an Ounce of bruised *Anise-seed* in two Quarts of Water, 'till half is boiled away. When it is cool, infuse an Ounce of *Manna*, and four Drams of *Glauber's Salts*. Drink as much of it as you can.

## 38. An Habitual Colick.

148. Wear a thin soft Flannel on the Part.

|| This is generally attended with vomiting a greenish or a frothy Matter, with a feverish Heat, violent Thirst, a bitter, Taste in the Mouth, and little and high-coloured Urine.

## 39. An Hysterick Colick. \*

149. Mrs. Watts, by using the *Cold Bath* two and twenty Times in a Month, was entirely cured of an Hysterick Colick, Fits, and convulsive Motions, continual Sweatings and Vomiting, wandering Pains in her Limbs and total Loss of Appetite.

150. In the Fit, drink half a Pint of *Water* with a little *Wheatflour* in it, and a Spoonful of *Vinegar* :

151. Or, a Glass full of *Vinegar* :

152. Or take 20, 30 or 40 Drops of *Balsam of Peru* in fine *Sugar* : If need be, take this twice or thrice a Day :

153. Or, in Extremity, boil three Ounces of *Burdock-Seed* in *Water*, which give as a *Clyster* :

154. Or, five Grains of *Laudanum*, in any proper *Clyster*, which thus injected gives instant Ease.

## 40. A Nervous Colick. †

155. Use the *Cold Bath* daily for a Month :

156. Or, take *Quicksilver* and *Gas of Sulphur*, daily for a Month : As Art. 39.

41. Colick from the Fumes of Lead, or White Lead, Verdigrease, &c.

157. In the Fit, drink fresh melted *Butter*, and then vomit with *warm Water*.

158. Or, give *Clysters* of *Oil* or *fat Broth*.

159. To prevent or cure, breakfast daily on *fat Broth*, and use *Oil of sweet Almonds* frequently and largely.

## 42. A Consumption.

160. *Cold Bathing* has cured many deep Consumptions.

161. One in a deep Consumption was advised to drink nothing but *Water* and eat nothing but *Water-gruel*, without Salt or Sugar. In three Months Time he was perfectly well.

162.

\* Is attended with a violent Pain about the Pit of the Stomach, with great sinking of the Spirits, and often with greenish Vomitings.

† This is frequently term'd the *dry Belly-ach*. It often continues several Days, with little Urine, and obstinate Costiveness.

162. Take no food but *new butter-Milk*, churn'd in a bottle, and *White-Bread*.—I have known this successful :

163. Or, boil two Handfuls of *Sorrel* in a Pint of *Whey*. Strain it, and drink a Glass thrice a Day :

164. Or take a Spoonful of Syrup of *Fox-glove*, Morning and Evening :

165. Or, turn a Pint of skim'd Milk with half a Pint of small Beer. Boil in this *Whey*, about twenty *Ivy-leaves*, and two or three Sprigs of *Hyssop*. Drink half over Night, the rest in the Morning. Do this if needful for two Months daily.—This has cured in a desperate Case :

166. Or, take a *Cow-heel* from the Tripe-house ready drest, two Quarts of *new Milk*, two Ounces of *Hartshorn-shavings* two Ounces of *Ising-glass*, a Quarter of a Pound of *Sugarcandy*, and a Race of *Ginger*. Put all these in a Pot; and set them in an *Oven* after the *Bread* is drawn. Let it continue there 'till the *Oven* is near cold; and let the Patient live on this.—I have known this cure a deep consumption more than once.

167. Or, every Morning cut up a little *Turf* of fresh *Earth*, and, lying down, breath into the *Hole* for a Quarter of an Hour. I have known a deep Consumption cured thus.

168. Or, take half a Pint of skim'd *Milk*, put one Spoonful of the best *Rum*, sweetened with a little *Sugar* or *Sugar of Roses*; take it *new Milk* warm, lying in *Bed* an Hour after it: And use for common Drink eight Parts *Water*, three Parts *skim'd Milk*, one Part *Rum*, sweetened with a little *Sugar*.

169. “*Mr. Masters of Evesham*, was so far gone in a Consumption, that he could not stand alone. I advised him to lose six Ounces of *Blood*, every Day for a Fortnight, if he lived so long; and then every other Day; then every third Day; then every fifth Day, for the same Time. In three Months he was well.”—*Dr. Dover*.

170. Or, throw *Frankincense* on burning *Coals*, and receive the *Smoke* daily thro' a proper *Tube* into the *Lungs*:

171. Or smoke *Balsam of Tolu*, like *Tobacco*.

## 43. Convulsions.

172. Use the *Cold Bath*:

173. Or, take a Tea-spoonful of *Valerian-root powder'd* in

a Cup of Water every Evening :

174. Or half a Dram of *Misselfo* powder'd, every six Hours drinking after it a Draught of strong Infusion thereof.

#### 44. Convulsions in Children.

175. Scrape *Piony Roots* fresh digged. Apply what you have scraped off to the Soles of the Feet. It helps immediately.

#### 45. Convulsions in the Bowels of Children.

176. Give a Child a Quarter old, a Spoonful of the *Pellitory of the Wall*, two or three Times a Day. It goes thro' at once, but purges no more. Use Syrup, if Juice cannot be had.

#### 46. Corns (to prevent.)

177. Wash the Feet often in *cold Water*.

#### 47. Corns (to cure.)

178. Apply fresh every Morning the *Yeast of small Beer*, spread on a Rag :

179. Or boil the Juice of *Radishes*, 'till it is thick enough to spread as a Plaister. Shift it as it grows dry :

180. Or cleanse from Earth the Root and Herb of *House-leek*; crush it with your Fingers and apply it. Renew it every three Hours, for twenty four Hours : I.

181. Or, apply fresh *Ivy-leaves* daily, and in fifteen Days they will drop out.

#### 48. Costiveness.

182. Rise early every Morning :

183. Or, boil in a Pint and half of Broth, half a Handful of *Mallow-leaves* chopt : Strain this and drink it before you eat any Thing else. Do this frequently if needful:

184. Or, breakfast twice a Week or oftener, on *Water-gruel* with *Currants* :

185. Or take the Bigness of a large Nutmeg of *Cream of Tartar*, mixt with Honey, as often as you need.

#### 49. A Cough.

186. Drink a Pint and a half of *cold Water* lying down in Bed:

187. Or mix an Ounce of *Linseed Oil*, with an Ounce of white *Sugar-candy* powder'd, and take a Tea-spoonful whenever the Cough comes :

188. Or, make a Hole thro' a *Lemon* and fill it with *Honey*. Roast it, and catch the Juice. Take a Tea-spoonful of this frequently :

189. Every Cough is a dry Cough at first. As long as it continues so, it may be cured by chewing immediately after you cough, the Quantity of a Pepper-corn of *Peruvian Bark*. Swallow your Spittle as long as it is bitter, and then spit out the Wood. If you cough again, do this again. It very seldom fails to cure any dry Cough.

### 50. An Asthmatick Cough.

190. Take *Spanish Liquorice* two Ounces, *Salt of Tartar* half an Ounce : Boil the *Liquorice* in three Pints of Water to a Quart.—Add the Salt to it when it is Blood warm. Drink two Spoonfuls of this every two Hours.—It seldom fails.

### 51. A Consumptive Cough.

191. Slit ten or twelve *Raisins* of the Sun, take out the Stones, and fill them up with the small tender Tops of *Rue*. Take these early every Morning, fasting two or three Hours after :

192. Or, boil a Pound of *Raisins* stoned in a Quart of old *Verjuice* to about a Pint. Then add a Pound of *brown Sugar-candy*, and let it simmer into a Syrup. Take near a Spoonful every three or four Hours.

193. To stop it for a Time, at lying down keep a little *stick Liquorish* shaved like *Horse-radish*, between the Cheek and the Gums.—I believe this never fails.

### 52. A Convulsive Cough.

194. Eat *preserv'd Walnuts* :

195. Or, boil a handful of *Bay-leaves* in Milk, turn this with *white Wine*, and drink a Draught of the Whey often.

## 53. An Inveterate Cough.

196. Wash the Head in *cold Water* every Morning :

197. Or, use the *Cold Bath*.—It seldom fails :

198. Or, take half a Pint of Decoction of *Onions* Morning and Evening :

199. Or, a Spoonful of Juice of *Onions* :

200. Or, take peel'd *Turnips* three Pounds, *Sugar* one Pound, put them in an Earthen Pot close cover'd for twenty-four Hours. Strain the Juice and take two or three Spoonfuls Morning and Evening ;

201. Or, mix the Juice of boiled *Turnips* with fine powder'd *Sugar-candy*, 'till it is a Kind of Syrup. Swallow a little of it Drop by Drop from Time to Time :

202. Or take a Spoonful of Syrup of *Horehound* Morning and Evening :

203. Or, put a Scruple of *Sperma-Ceti* into the Yolk of a new laid Egg, and sup it up in the Morning fasting.

## 54. Pleuritick Cough.

204. Powder an Ounce of *Sperma-Ceti* fine. Work it in a Marble Mortar with the Yolk of a new-laid Egg. Mix them in white Wine, and take a small Glafs every three Hours.

## 55. A Tickling Cough.

205. Drink *Water* whiten'd with Oatmeal four Times a Day :

206. Or, keep a Piece of *Barley-Sugar* or *Sugar-candy* constantly in your Mouth.

## 56. Violent Coughing from a sharp thin Rheum.

207. Work into old *Conserve of Roses*, as much as you can of pure *Olibanum*, powder'd as fine as possible. Take a Bo-lus of this twice or thrice a Day. It eases presently, and cures in two or three Weeks :

208. Or, use *Milk-diet* as much as possible.

## 57. The Cramp (to prevent.)

209. Tie your Garter tight under your Knee at going to Bed :

210. Or be *electrified* thro' the Part which uses to be affected. This generally prevents it for a Month. Sometimes for a Twelve Month.

### 58. The Cramp (to cure.)

211. Stretch out the Limb immediately :

212. Or stretch out the opposite Arm and clinch the Fist :

213. Or, chafe the Part with *Hungary-Water* :

214. Or, with *rectified Spirits of Wine* :

215. Or, apply boiled Nettles hot :

216. Or, take half a Pint of *Tar-water* Morning and Evening.

### 59. A Cut.

217. Keep it closed with your Thumb a Quarter of an Hour. Then double a Rag five or six Times ; dip it in cold Water, and bind it on.

### 60. Deafness.

218. Be *electrified* thro' the Ear :

219. Or, use the *Cold Bath* :

220. Or, drop into the Ear a Tea-spoonful of *salt Water* :

221. Or, of Juice of *Ground-Ivy* :

222. Or, three or four Drops of *Onion-juice* at lying down, and stop it with a little Wool.

### 61. Deafness from Wax.

223. Syringe the Ear with warm *Sage-tea* :

224. Or, put in *wild Mint* bruised, with the Juice, changing it often.

### 62. Deafness with Head-ach and Buzzing in the Head.

225. Peel a Clove of *Garlick* ; dip it in *Honey*, and put it into your Ear at Night with a little black Wool. Lie with that Ear uppermost. Put the same in the other Ear the next Night. Do this, if need be, eight or ten Days.

### 63. A Settled Deafness.

226 Take a red *Onion*, pick out the Core ; fill up the Place with

with Oil of roasted Almonds. Let it stand a Night ; then bruise and strain it. Drop three or four Drops into the Ear, Morning and Evening, and stop it with black Wool.

### 64. To cause an easy Delivery.

227 Peel, slice and fry a large white *Onion* in two or three Spoonfuls of the best *Oil*, till it is tender, boil this with half a Glass of Water : Strain and drink it in the Morning fasting, for two or three Weeks before the Time of Childbirth.

### 65. A Diabetes. \*

228 Drink Wine boiled with *Ginger*, as much and as often as your Strength will bear. Let your Drink be Milk and Water. All Milk Meats are good :

229 Or, drink three or four Times a Day a Quarter of a Pint of *Allum Posset*-drink.—Putting three Drams of *Allum* to four Pints of Milk.—It seldom fails to cure in eight or ten Days. Dr. *Mead*.

### 66. The Dropfy. †

230 Use the *Cold Bath* daily, after purging :

231 Or, drink nothing but *Lemonade* : i. e. Lemon, Sugar and Water :

232 Or, take as much as lies on a Six-pence of powder'd *Lawrel-Leaves*, every second and third Day. It works both Ways.

233 Or, mix half an Ounce of *Amber* with a Quart of *Wine Vinegar*. Heat a Brick (only red hot) and put it into a Tub. Pour them upon it, and hold the Parts swell'd over the Smoak, covering the Tub close, to keep in the Smoak. The Water will come out incredibly, and the Patient

\* A *Diabetes* is a frequent and large Discharge of pale Urine, attended with constant Thirst, and a Wasting of the whole Body.

† A *Dropfy* is a preternatural Collection of Water in the Head, Breast, Belly, or all over the Body. It is attended with a continual Thirst. The Part swelled pits, if you press it with your Finger. The Urine is ale and little.

Patient be cured :

234. Or, cover the whole Belly with a large new Sponge dipt in strong *Lime-Water*, and then squeezed out. This bound on, often cures, even without any sensible Evacuation of Water :

235. Or, apply green *Dock-leaves* to the Joints and Soles of the Feet, changing them once a Day :

236. Or, abstain from all drink for thirty Days. To ease your Thirst hold often on your Tongue, a thin small Slice of 'toasted Bread dipt in Brandy'; or wash the Mouth with Juice of Lemons.

237. *Tar-water* drank twice a day has cured many :

238. Or, eat a *Crust of Bread* every Morning fasting :

239. Or, drink half a Pint of *Sea-water*, Morning and Evening :

240. Or, mix a Pound of the coarsest *Sugar* with a Pint of Juice of *Pellitory of the Wall* bruised in a Marble Mortar. Boil it as long as any Scum rises. When cool, bottle and cork it. If very bad, take three Spoonfuls at Night and two in the Morning. — It seldom fails :

241. Take a Spoonful of the Juice of *Artichoke-leaves*, Morning and Evening :

242. Or, three Spoonfuls of the Juice of *Leeks* and *Elder-leaves* : I.

243. Or, half a Pint of Decoction of *Butchers Broom*, intermixing Purges twice or thrice a Week. The proper Purges is ten Grains of *Jalap* with six of powder'd *Ginger*. It may be encreas'd or lessen'd according to the Strength of the Patient :

244. Or, take a Spoonful of whole *Mustard-seed*, Night and Morning, and drink on it half a Pint of Decoction of *green Broom-tops*. This works both by Stool and Urine :

245. Or, boil two Handtuls of *Elder-roots* in a Quart of Water. Strain it and drink a large Glass thrice a Day for thirty Days. It frequently cures in that Time.

### 67. The Ear-Ach.

246. Rub the Ear Hard for a Quarter of an Hour :

247. Or, be electrified :

248. Or apply to it a hot Roll :  
 249. Or, put in a *roasted Fig*, as hot as may be :  
 250. Or, blow the *Smoak of Tobacco* strongly into it :  
 251. Or drop in *Juice of Goose-Grease*.

### 68. Ear-Ach from Cold.

252. Boil *Rus*, or *Rosemary*, or *Garlick*, and let the Steam go into the Ear thro' a Funnel.

### 69. Ear-Ach from Heat.

253. Apply Cloths four Times doubled and dipt in *cold Water*, changing them when warm, for half an Hour.

### 70. Ear-Ach from Worms.

254. Drop in *warm Milk*, and it brings them out :  
 255. Or, *Juice of Wormwood*, which kills them :  
 256. Or, *Oil of bitter Almonds*.

### 71. Noise in the Ears.

257. Drop in *Juice of Onions* :  
 258. Or, fill them with bruised *Hyssop*.

### 72. Hard Wax in the Ear.

259. Is best dissolv'd by *warm Water*.

### 73. Eyes blear'd.

260. Drop into them *Juice of Crab Apples*.

### 74. A Blood-shot Eye,

261. Apply Linen Rags dipt in *cold Water* for two or three Hours :

262. Or, blow in white *Sugar-candy* finely powder'd :  
 263. Or, apply boil'd *Hyssop* as a Poultis.—This has a wonderful Efficacy.

## 75. A Bruise in the Eye.

264. Apply as a Plaister *Conserve of Roser* :  
 265. Or, a Paste of *black Soap* and *white Bread Crumbs*. But take Care it get not into the Eye.

## 76. Burning Eyes, or hot Rheum.

266. Apply a thick *Apple paring*, lying down in Bed.

## 77. Clouds flying before the Eyes.

267. Take a Dram of powder'd *Betony* every Morning.

## 78. Blindness.

268. Is often cured by *Cold Bathing* ;  
 269. Or, by *electrifying*.

## 79. Eyes dim or decay'd.

270. Use *Eye-bright Tea* daily :  
 271. Or, powder'd *Eye-bright*, both in Meat and Drinke.

## 80. Dull Sight.

272. Drop in two or three Drops of *Juice of rotten Apples* often.

## 81. Films.

273. Dry *Zebethum Occidentals* ; i. e. *Stercus humanum*, slowly ; powder it fine, and blow it into the Eye twice or thrice a Day :  
 274. Or, mix *Juice of Ground-ivy* with a little *Honey*, and two or three Grains of *Bay Salt*. Drop it in Morning and Evening.

## 82. Hot or Sharp Humours.

275. Beat the White of an Egg into Water, in which mix fine *Sugar*, and drop it into the Eyes

276. Or drop in Juice of *Daisies* Morning and Evening :  
 277. Or, boil a Handful of *Bramble-leaves* with a little *Honey* in a Quart of Spring Water to a Pint. Drop this frequently into the Eye. This likewise speedily cures any Sores.

### 83. Eyes inflam'd.

278. Apply as a Poultis boil'd, roas't or rotten *Apples* warm :  
 279. Or *Worm-wood tops* with the *Yolk* of an Egg: This will hardly fail.  
 280. Or, beat up the White of an Egg with too Spoonfuls of *white Rose-water* into a white Froth: Apply this on a fine Rag, changing it so that it may not grow dry, till the Eye is welt.

### 84. A Lachrymal Fistula. ||

281. Apply a Poultis of fine leaves of *Rue* :  
 282. Wash the Eye Morning and Evening with a Decoction of *Quince leaves* :  
 283. Or, take a Dram of *Betony-leaves* powder'd daily.

### 85. Pearl in the Eye.

284. Apply a Drop of Juice of *Celandine* with a Feather thrice a Day :  
 285. Or, of *three-leav'd Grass*. It commonly cures in sever Days.

### 86. White Specks in the Eye.

286. Going to Bed, put a little *Ear Wax* on the Speck. — This has cured many :  
 287. Or, a Drop of the Juice of *Fennel* :  
 288. Or, of *Ivy juice* : Afterwards blow in a little powder'd *Loaf-sugar*.

|| This Disorder in the inner Corner of the Eye, causes the Tears to flow involuntarily.

## 87. An excellent Eye-Water.

289. Heat half an Ounce of *Lapis Calaminaris* red hot, and quench it in half a Pint of *French white Wine*, and as much *white Rose Water*: Then Pound it small and infuse it. Shake the Bottle when you use it. It cures Soreness, Weakness, and most Diseases of the Eye. I have known it cure total Blindness.

## 88. Another.

290. Infuse in *Lime-Water* a Dram of *Sal Armoniac* powder'd, for twelve Hours; then strain and keep it for Use. This also cures most Disorders in the Eyes.

## 89. Another.

291. Boil very lightly one Spoonful of *white Copperas* scrap'd and three Spoonfuls of *white Salt*, in three Pints of Spring Water. When cold, bottle it in large Vials without straining. Take up the Vial softly, and put a Drop or two in the Eye Morning and Evening.

*It answers the Intention of almost all the preceeding Medicines; It takes away Redness or any Soreness whatever; It cures Pearls, Rheums, and often Blindness itself.*

## 90. Weak Eyes.

292. Moisten the Eyelids Morning and Evening with *camphorated Spirits of Wine*, keeping them shut.

293. Wash the Head daily with *cold Water*.

## 91. The Falling Sickness. ||

294. Be *electrified*:

295. Or use the *cold Bath* for a Month daily:

|| In the *Falling Sickness* the Patient Falls to the Ground, either quite stiff, or convulsed all over, utterly senseless gnashing his *Teeth*, and *foaming at the Mouth*.

296. Or, take a Tea-spoonful of *Piony Root* dried and ground fine, Morning and Evening for three Months :

297. Or, Take a Spoonful of the Juice of *Rue*, Morning and Evening for a Month :

298. Or, half a Pint of Decoction of *Lignum Guaiacum*, Morning and Evening : 1.

299. Or, of *Tar-water* for three Months :

300. Or, take four Draps of *Laudanum* fasting, for six or seven Mornings :

301. Or, use an entire *Milk Diet* for three Months. It seldom fails :

302. Or, take half a Dram of powder'd *Mistletoe* every six Hours, drinking after it a strong Infusion of *Mistletoe* : 1.

303. Or, the Quantiy of a Nutmeg of Conserve of white *Piony Root*, daily for three Months :

304. In the Fit, blow up the Nose a little powder'd *Ginger* :

305. Or, Leaves of *Ajbarabocco* powder'd.

#### 92. The Falling of the Fundament.

306. Apply a Cloth covered thick with *Brick Dust* :

307. Or, boil a Handful of *red Rose Leaves* in a Quarter of a Pint of *red Wine*: Dip a Cloth in it, and apply it as hot as can be borne. Do this 'till all is used.

#### 93. A Falling down of the Womb.

308. May be cured in the Manner last mentioned.

#### 94. A Fever.

309. Drink a Pint and a half of *cold Water* lying down in Bed : I never knew it to do Hurt :

310. Or, a large Glass of *Tar-water* warm, every Hour :

311. The best of all Juleps in a Fever, is this : Toast a large thin Slice of Bread, without burning ; put it hot into a Pint of *cold Water* ; then set it on the Fire till it is pretty hot. In a dry Heat it may be given cold ; in a moist Heat warm ; the more largely the better :

312. Or, for a Change, use *Pippin* or *Wood sorrel* Tea, Or *Pippin Posset Drink* : Or *Wood-sorrel Posset Drink* :

313. Or, Decoction of *Violet-leaves* :

314. Or, of *Strawberry-leaves* :

315. To prevent catching any infectious Fevers, do not breathe near the Face of the sick Person, neither swallow your Spittle while in the Room.

### 95. A Burning Fever.

316. Stamp a Handful of Leaves of *Woodbine*; put fair Water to it, and use it cold as a Clyster. It commonly cures in an Hour :

317. Or, smear the Wrists, five or six Inches long with warm *Treacle*, and cover it with brown Paper.

### 96. A Continual Fever.

318. If not very violent, take a Dram of *Sal Prunellæ*, every four Hours, in warm Water till it abates.

### 97. A Hectick Fever.

319. Drink only thin *Water-gruel*, or boil'd *Milk and Water*. The more you Drink the better..

### 98. A High Fever.

320. Attended with a Delirium and Vigilia, has been cured by plunging into cold Water; which is a safe and sure Remedy in the Beginning of any Fever.

321. Such a Delirium is often cured by applying warm *Lamb's Lungs* to the Head.

### 99. An intermitting Fever.

322. Drink warm *Lemonade* in the Beginning of every Fit : It cures in a few Days :

323. Or take a Tea-spoonful of *Oil of Sulphur* in a Cup of *Balm Tea*, once or twice a Day.

### 100. A Fever with Pains in the Limbs.

324. Take twenty Drops of *Spirit of Hartshorn* in a Cup of Water

Water twice or thrice in twenty four Hours :  
 325. Or, in strong *Camomile-Tea*, lying down in Bed.

### 101. A Rash Fever.

326. Drink every Hour a spoonful of Juice of *Ground-Ivy*  
 It cures in twenty-four Hours.  
 Use the Decoction, when you have not the Juice.

### 102. A Slow Fever.

327. Use the *Cold Bath* for two or three Weeks daily.

### 103. A Fistula.

328. Grind an Ounce of *Mercury Sublimate*, in a Glass Mortar, with a Glass Pestle, as fine as possible. Put it into a Glass Bottle, and pour on it two Quarts of pure Spring Water. Cork it close, and for six Days shake it well every Hour. Then let it settle for twenty-four Hours. Pour it off clear ; filter it in a Glass Funnel ; and keep it for Use close stopt. Put a Spoonful of this Water in a Vial, and add two Spoonfuls of clear Spring Water : Shake them well together, and drink it fasting. It works both by Vomit and by Stool, but very safely. Keep yourself very warm, and walk as much as you can. The first Time neither eat nor drink 'till two Hours after it has done working. Take this every other Day. In forty Days this will also cure any *Cancer*, any old Sore, or *King's Evil*, broken or unbroken. After the first or second Vomit you may use Water gruel, as in other Vomits. —  
*Very Weak Persons should not use this.*

### 104. A Flux.

329. Use the *cold Bath* daily, and drink a Draught of Water from the Spring :

330. Or, sit over *Camomile-Flowers* boil'd in Milk :

331. Or, receive the Smoke of Turpentine cast on burning Coals. This cures also the *Bloody-Flux*, and the *Falling of the Fundament* :

322. Or drink two or three Quarts of *warm Water* :

333. Or, put a large brown *Toast* into three Quarts of *Water*, with a Dram of *Cockineal*, and a Dram of *Salt of Worm-wood*. Drink it all in as short Time as you conveniently can. This rarely fails to cure all *Fluxes*, *Cholera Morbus*, yea, and *Inflammations of the Bowels* :

334. Or, take a Spoonful of *Plantain seed* bruised Morning and Evening, till it stops :

335. Or the *Leaves* of it boiled in small Broth :

336. Or, three or four Ounces of its *Juice* :

337. Or, a small *Nutmeg* powder'd in the *Yolk* of an *Egg*:

338. Or, a Dram of the *Seed* of *Flux-weed* in two or three Spoonfuls of Broth : *I.*

339. Or, ten *Grains* of *Ipecacuanah* three *Mornings* successively.

### 105. A Bloody Flux.

340. Apply a *Suppository* of *Linen* dipt in *Aqua Vitæ* :

341. Or, drink *cold Water* as largely as possible, taking nothing else till the Flux stops :

342. Or, take a large *Apple*, and at the Top pick out all the *Core*, and fill up the Place with a Piece of *Honey Comb*; (the *Honey* being strained out) roast the *Apple* in *Embers* and eat it, and this will stop the Flux immediately :

343. Or, thirty *Grains* of powder'd *Root* of *Glad-wine* at Night, twice or thrice a Week ; It is just as good as *Rhubarb* in most Cases :

344. Or, Decoction of *Primrose-leaves* Morning and Evening :

345. Or, grated *Rhubarb*, as much as lies on a *Shilling*, with half as much of grated *Nutmeg*, in a *Glass* of white *Wine*, lying down every other Night.

### 106. The Gout in the Stomach.

346. " Dissolve two Drams of *Venice Treacle* in a *Glass* of *Mountain*. After drinking it go to Bed. You will be easier in two Hours, and well in sixteen." Dr. *Dover*.

357. Boil a Pugil of *Tansy* in a Quarter of a Pint of *Mous-  
tain*. Drink it in Bed. I believe this never fails.

348. To prevent its Return, dissolve half an Ounce of *Gum  
Guaiacum*, in two Ounces of *Sal Volatile*. Take a Tea-  
spoonful of this every Morning, in a Glass of Spring  
Water.

*This helps any sharp Pain in the Stomach.*

Dr. Boerhaave,

### 107. The Gout in the Foot or Hand.

349. Apply a raw lean *Beef-steak*. Change it once in twelve  
Hours, till cured.

### 108. The Gout in any Limb. †.

350. Rub the Part with *warm Treacle*, and then bind on a  
Flannel smear'd therewith. Repeat this if Need be, once  
in twelve Hours. This has cured an inveterate Gout.

351. Or, Dry *Sage* in the Sun for a Day. Apply this, and  
in one Night it will ease the Pain.

352. Or at six in the Evening, undress and wrap yourself  
up in Blankets.—Then put your Legs up to the Knees in  
Water, as hot as you can bear it. As it cools, let hot  
Water be poured in, so as to keep you in a strong Sweat  
till ten. Then go into a Bed well warm'd and sweat till  
Morning.—I have known this to cure an inveterate Gout.

### 109. The Gravel.

353. Eat largely of *Spinach*.

354. Or, drink largely of *warm Water sweetned with Honey*;

355. Or, of *Peach leave Tea*:

356. Or, of *Pellitory of the Wall Tea*, so sweetned:

357. Or, infuse an Ounce of *wild Parsley Seeds* in a Pint of  
*white Wine* for twelve Days. Drink a Glass of it fasting  
three Mornings.

## 110. The Green Sickness.

58. Take an Ounce of *Quick-silver* every Morning.—As Art. 39.  
 Or, a Cup of Decoction of *Lignum Guaiacum*, Morning and Evening.

To kill Animalcula that cause the Gums to waste away from the Teeth.  
 Gargle thrice a Day with Salt and Water.

## 112. The Head-ach.

61. Rub the Head for a Quarter of an Hour :  
 Or, be *electrified* :  
 62. Or apply to each Temple the thin yellow Rind of a *Lemon*, newly pared off :  
 64. Or, put into the Palm of the Hand a little *Brandy*, with some Zest of *Lemon*, and hold it to the Forehead :  
 65. Or, if you have catched Cold, boil a Handful of *Rosemary* in a Quart of Water. Put this in a Mug, and hold your Head (cover'd with a Napkin) over the Steam as hot as you can bear. Repeat this 'till the Pain ceases.  
 66. Or, drop Juice of *Pimpernell* into the Ear :  
 67. Or, snuff up the Nose *camphorated Spirits of Lavender* :  
 68. Or, Juice of *Ground-Ivy* : 1.  
 69. Or, a little Juice of *Horse Radish* :  
 70. Or, drink half a Pint of strong Decoction of *Ground-Ivy* : Morning and Evening.

## 113. A Chronical Head-ach.

71. Keep your Feet in *warm Water* a Quarter of an Hour before you go to Bed ; for two or three Weeks :  
 72. Or, wear tender *Hemlock-leaves* under the Feet, changing them daily :  
 73. Or, order a Tea-kettle of *cold Water* to be poured on your Head every Morning in a slender stream :  
 74. Or, apply to the Head bruised *Cumin-seed*, fried with an Egg.

375. Or, take a large Tea-cup full of *Cardus* Tea without Sugar fasting for six or seven Mornings :

376. Or, boil *Wood-beony* in new Milk and strain it. Breakfast on this five or six Weeks. 1.

### 114. Head-ach from Heat.

377. Apply to the Forehead Cloths dipt in cold Water for an Hour.

378. Or, beat white *Poppy-seed* to Powder ; mix this with Yolks of Eggs, and apply it to the Temples and Forehead,

### 115. A Nervous Head-ach.

379. Dry and powder an Ounce of *Marjoram* and half an Ounce of *Affarabucca* ; mix them, and take them as Snuff, keeping the Ears and Throat warm. This is of great Use even in a *Cancer* :

380. Or, take half a Dram of Powder'd *Marum* Morning and Evening in any Liquid.

### 116. An Hemicrania. †

381. Use cold Bathing :

382. Or, apply to that Part of the Head, shaved, a Plaster that will stick : with a Hole cut in the Middle of it as big as an Half-penny : Place over that Hole Leaves of *Ranunculus*, bruised and very moist. It is a gentle Blister

### 117. Stoppage in the Head.

383. Snuff up Juice of *Primrose*, keeping the Head warm.

### 118. The Heart-burning. ||

384. Drink a Pint of cold Water :

385. Or, drink slowly of Decoction of *Camomile Flowers* :

386.

† That is, an Head ach which affects but one Side of the Head.

|| A sharp knawing Pain at the Orifice of the Stomach.

386. Or, chew five or six *Pepper Corns* a little ; then swallow them :  
 387. Or, take six *Almonds* and twelve raw *Pears* and eat them together :  
 388. Sometimes a *Vomit* is needful, of *Ipecacuannah*, or *Cardus Tea*.

### 119. The Hiccup.

389. Swallow a Mouthful of Water, stopping the Mouth and Ears :  
 390. Or, take any Thing that makes you sneeze :  
 391. Or, a little candied *Ginger* :  
 392. Or, two or three preserv'd *Damsons*.

### 120. Hoarseness.

393. Rub the Soles of the Feet before the Fire, with *Garlick* and *Lard* well beaten together, over Night. The Hoarseness will be gone next Day :  
 394. Or, take a Pint of cold Water lying down :  
 395. Or instead of Supper eat an *Apple*, and drink half a Pint of Water.  
 396. Or, swallow slowly the Juice of *Radishes* :  
 397. Or, take a spoonful of *Sagejuice* Morning and Evening.

### 121. Hypocondriac and Hysteric Disorders.

398. Use *cold Bathing* :  
 399. Or, take an Ounce of *Quicksilver* every Morning.

### 122. The Jaundice.

400. Wear Leaves of *Celandine* upon and under the Feet :  
 401. Or, take a small Pill of *Castile Soap* every Morning for eight or ten Days :  
 402. Or, as much as lies on a Shilling of *calcin'd Egg-shells*, three Mornings fasting ; and walk till you sweat ;  
 403. Or, half a Pint of strong Decoction of *Nettles* :  
 404. Or, boil a large *Burdock root* in two Quarts of Water

to three Pints. Let it soak therein for twenty-four Hours cover'd close. Drink a Draught of this three or four Times, and it will not fail.

### 123. The Jaundice in Children.

405. Take half an Ounce of fine *Rhubarb*, powder'd. Mix with it thoroughly, by long beating two Handfuls of good well cleansed *Currants*. Of this give a Tea-spoontul every Morning.

### 124. The Iliac Passion.†

406. Apply warm Flannel soaked in *Spirits of Wine* :

407. Or, hold a *live Puppy* constantly on the Belly.  
—Dr. Sydenham.

408. Or, immerge up to the Breast in the *warm Bath* :

409. Or, take a Decoction of the Seed of *Dill* in Oil and Water, and then a Bit of Bread dipt in Water :

410. Or, Ounce by Ounce, a Pound or a Pound and a half of *Quicksilver*.

### 125. An Imposthume.

411. Put the White of two *Leeks* in a wet Cloth, and so roast them in Ashes, but not too much. Stamp them in a Mortar with a little *Hogs-grease*. Spread it thick Plaster-wise, and apply, changing it every Hour, 'till all the Matter be come out, which it will be in three Times. *I.*

### 126. Pain in the Joints.

412. Drink Decoction of *Herb Robert*, and apply it as a Poultis.

### 127. The Itch. \*

413. Wash the Parts affected with *strong Rum* :

414.

† In this violent Kind of *Cholic* the Excrements are thrown up by the Mouth in vomiting.

\* This Distemper is nothing but a Kind of very small Lice which burrow under the Skin. Therefore inward Medicines are absolutely needless. Is it possible any Physician should be ignorant of this ?

414. Or, with strong Decoction of *Dock-root* for nine or ten Days :—

415. Or, of *Hyssop*, four or five Days :—

416. Or, anoint them with *black Soap* :—

417. Or, steep a shirt half an Hour in a Quart of Water mixt with half an Ounce of powder'd *Brimstone*. Dry it slowly, and wear it five or six Days. Sometimes it needs repeating :—

418. Or, mix Powder of *white Hellebore* with Cream for three Days.—Anoint the Joints three Mornings and Evenings.—It seldom fails.

419. Or, mix a little fine *Bay Salt*, and as much *Flour of Brimstone*, with a little *sweet Oil*. Rub it well in the Palms of the Hands, and dry it in.—It commonly cures in three Days.

420. Or, beat together the Juice of two or three *Lemons*, with the same Quantity of *Oil of Roses*. Anoint the Parts affected. It cures in two or three Times using :—

421. Or, mix an Ounce of *Ginger* finely powder'd with a Quarter of a Pound of fresh Butter. Use it Morning and Evening.—It cures in four or five Days.

## 128. The King's Evil. ||

422. Take as much *Cream of Tartar* as lies on a Six-pence, every Morning and Evening :—

423. Or, drink for six Weeks half a Pint of a strong Decoction of *Devils-bit* :—

424. Or, of *Ground-Ivy* :—

425. Or, of *dead Nettles* :—

426. Or, of *Colts-foot* : Mean time, apply the Herb beaten up with powder'd *Linseed* and *Hog's-tard*, to the Sores, renewing it twice a Day :—

427. Or, use *Lime-Water* for common Drink :—

428. Or, the Diet-drink mentioned Art. 538.—  
I have known this cure one whose Breast was as full of Holes as an Honey-comb :

|| It commonly appears first, by the Thickness of the Lips; then coming to Swellings, in the Neck chiefly; then running Sores—

429. Or, set a Quart of Honey by the Fire to melt. When it is cold, strew into it a Pound and a half of *Quick-Lime* beat very fine, and searfed through a Hair Sieve. Stir this about till it boil up of itself into a hard Lump. Beat this when cold very fine, and searfe it, as before. Take of this as much as lies on a Shilling in a Glass of Water every Morning fasting; an Hour before Breakfast, at four in the Afternoon, and at going to Bed:

430. Or, take two Spoonfuls of Juice of *Water Parsnips*, with two Spoonfuls of *Milk*, every Morning fasting, for the six Summer Months. Two Hours after, Break fast on *Watergruel* with a little Bread, It cures the *Scurvey* in three Months.

### 129. Stoppage in the Kidneys.

431. Take twelve Grains of *Salt of Amber* in a little Water.

### 130. The Legs inflam'd.

432. Apply *Fullers Earth* spread on brown Paper: It seldom fails.

433. Or, boiled *Turnips* mixt with *Mutton-suet*:

434. Or, rub them with warm Juice of *Plantane*.

### 131. Legs sore and runing.

435. Wash them in *Brandy* and apply *Elder-leaves*, changing them twice a Day. This will dry up all the Sores, though the Leg were like an Honey-comb.—Proved.

### 132. The Leprosy. †

436. Use the *cold Bath*:

437. Or, wash in the *Sea* often and long:

438. Or, wash the Parts with Juice of *Calamint*:

439. Or, mix well an Ounce of *Pomatum*, a Dram of powder'd

† In this Disease the Skin in many Parts is covered with rough, whitish, scaly Pustules, and if these are rubb'd off, with a Kind of scaly Scurf.

der'd Brimstone, and half an Ounce of *Sal Prunellæ*; and anoint the Parts so long as there is need :

440. Or, add a Pint of Juice of *Housoleek*, and half a Pint of *Verjuice*, to a Pint and a half of Posset drink. Drink up this in twenty-four Hours.—It cures also the *Quinsey*, and all Sorts of white Swellings on the Joints :

441. Or, drink for a Month a Decoction of *Elm-Bark* Morning and Evening.

### 133. The Lethargy.

42. Snuff strong *Vinegar* up the Nose :

443. Or, Powder of *white Hellibore* :

444. Or, take half a Pint of Decoction of *Savoury*, Morning and Evening :

445. Or, of Infusion of *Water-Cresses*.

### 134. Lice (to kill.)

446. Sprinkle *Spanish Snuff* over the Head :

447. Or, wash it with a Decoction of *Amaranth*.

### 135. For one seemingly kill'd with Lightning, or a Damp, or Suffocating.

448. Plunge him immediately into *cold Water* :

449. Or, blow strongly with Bellows down his Throat.—This may recover a Person seemingly drowned.

### 136. Lues Venerea.

450. Take an Ounce of *Quicksilver* every Morning, and a Spoonful of *Gas of Sulphur* in a Glass of Water at Five in the Afternoon. I have known a Person cured by this, when supposed to be at the Point of Death, who had been infected by a foul Nurse, before she was a year old.—I insert this for the Sake of such *innocent Sufferers*.

### 137. Lunacy.

451. Give Decoction of *Agrimony* four Times a Day :

452. Or, rub the Head several Times a Day with *Vinegar*, in which *Ground-Ivy-leaves* have been infused :

453. Or, boil Juice of *Ground-Ivy* with *sweet Oil* and *White Wine* into an Ointment. Shave the Head, anoint it therewith, and chase in warm, every other Day for three Weeks. Bruise also the Leaves and bind them on the Head, and give three Spoonfulls of the Juice warm every Morning.—This generally cures Melancholy.

### 138. Raging Madnes. ||

454. Apply to the Head Cloths dipt in *cold Water* :

455. Or, set the Patient with his Head under a great *Water-fall*, as long as his Strength will bear : Or, pour Water on his Head out of a Tea-kettle :

456. Or, let him eat nothing but *Apples* for a Month.

### 139. The Bite of a mad Dog.

457. Apply Ashes of *Trefoil* mixt with *Hog's-lard*. This has cured one that was bit on the Nose :

458. Or, plunge into *cold Water* daily for twenty Days, and keep as long under it as possible. This has cured, even after the *Hydrophobia* was begun : \*

459. *Galen* says, none ever failed of a Cure who took two Spoonfulls of *Ashes* of *Craw-Fish* daily for forty Days :

460. Or, apply Juice of *Dracunculia* mixt with *Vinegar*, outwardly, and drink of the same Morning and Evening, five or six Days :

461. Mix powder'd *Liver-wort* four Drams, *black Pepper* two Drams. Divide this into four Parts, and take one in warm Milk for four Mornings fasting.

140.

|| It is a sure Rule, that all Madmen are Cowards, and may be conquered by binding only, without beating.—Dr. Mead.

\* If this is really a Nervous Disorder, what Wonder, if it should be cured by *Cold Bathing* ?

## 140. The Measles. †

462. Drink only thin Water-gruel, or Milk and Water, the more the better: or, *Toast and Water*;

463. If the Cough be very troublesome, take frequently a Spoonful of *Barley-Water* sweetned with *Oil of sweet Almond's* newly drawn, mixt with Syrup of *Maiden-hair*:

464. After the Measles, for some Weeks, take Care of catching Cold, use light Diet, and drink *Barley-water* instead of Malt-drink.

## 141. Menses Obstructed.

465. Take half a Pint of strong Decoction of *Penny-Royal* every night at going to Bed:

466. Or, a Spoonful of Juice or Syrup of *Brooklime* Morning and Evening:

467. Or, a Tea-spoonful of *Columbine-seeds* powder'd, thrice a Day:

468. Or, boil five large Heads of *Hemp* in a Pint of Water to half. Strain it, and drink it going to Bed two or three Nights. It seldom fails.

469. Or, take from eight to twelve Grains of *Colomel*, in a Pill, for two or three Nights taking Care not to catch Cold. It vomits and purges.

470. Or, burn a little *Sulphur of Antimony* on a Chafing-Dish of Coals and receive the Smoke by a funnel. In a few Minutes it will take Effect.

Let any of these Medicines be used at the regular Time, or near as can be judged.

## 142. Menses Nimi.

471. Drink nothing but *cold Water*, with a Spoonful of fine *Flour* stirr'd in it. At the Time drink a Glass of the coldest Water you can get, and apply a thick Cloth dipt in cold Water:

472. Or, put the Feet into *cold Water*:

473.

† This Distemper is always preceded by a violent Cough, often fourteen Days before the red Spots come out.

473. Or, apply a Sponge dipt in *Red Wine and Vinegar* :

474. Or, *bleed* in the Arm. Stop the Orifice often with the Finger, then let it bleed again :

475. Or, boil four or five Leaves of *Red Holy Oak* in a Pint of Milk, with a small Quantity of Sugar. Drink this in the Morning ; if the Person can afford it, she may add a Tea-spoonful of *Balm of Gilead* :—This does not often fail :

476. Or, after a small *Rhubarb Purge*, boil the Peel of seven *Seville Oranges* in three Pints of Spring Water to a Quart. Take ten Spoonfuls sweetned with white Sugar, four Times a Day :

477. Or, use daily Decoction, Syrup, or Powder of *Horse-tail Nettles*, or *Plantane*.

#### 143. To resolve Coagulated Milk.

478. Cover the Woman with a Table-cloth, and hold a Pan of *hot Water* just under her Breast ; then stroke it three or four Minutes. Do this twice a Day 'till cured

#### 144. To increase Milk.

479. Drink a Pint of *Water* going to Bed :

480. Or, drink largely of *Pottage* made with *Lentiles*.

#### 145. To make Milk agree with the Stomach.

481. If it lie heavy, put a little *Salt* in it ; if it curdle, *Sugar*. For bilious Persons, mix it with *Water*.

#### 146. Nervous Disorders.

482. Are of two Kinds ; 1, Those which proceed from the Nerves being compress'd by the Swelling of the muscular Flesh : Or, 2, When the Nerves themselves are disorder'd: In the former Case, Temperance and Abstemiousness will generally cure : In the latter when the Nerves perform their Office too languidly, a Good AIR is the first requisite. The Patient also should rise early, and as soon as the Dew is off the Ground, walk : Let his Breakfast be *Mother of Thyme-Tea*, gather'd in June, using half

Half as much as we do of common Tea. It should be drunk with the finest Sugar; and Cream may be added if he please: Coffee must be avoided. When the Nerves are too sensible, let the Person breathe a proper Air. Let him eat Veal, Chickens, or Mutton. Vegetables should be eat sparingly: the most innocent is the French Bean whilst young, and the best Root the Turnip. Wine should be avoided carefully: So should all Sauces. Sometimes he may breakfast upon a Quarter of an Ounce of the Powder of *Valerian-root* infus'd in hot Water, to which he may add Cream and Sugar. Tea is not proper. When the Person finds an uncommon Oppression, let him take a large Spoonful of the Tincture of *Valerian-root*.

The Tincture should be made thus. Cut to Pieces six Ounces of wild *Valerian-root* gather'd in June, and fresh dried. Bruise it by a few strokes in a Mortar, that the Pieces may be split, but it should not be beat into a Powder: Put this into a Quart of strong white Wine; cork the Bottle and let it stand three Weeks, shaking it every Day; then press it out and filtre the Tincture thro' Paper.

482. Take also as much as will lie upon a Shilling of the Powder of *Mistletoe*, twice a Day, when the Stomach is most empty, fasting two Hours after it; then once a Day, and afterwards every other, or every third Day, 'till there is no more Need of Medicines.

Let this be gather'd in May, and the Leaves and Bark dried carefully in the free Air, without Sun, till they are brittle. Let them then be reduced to a fine Powder, and kept in that Form. Dr Uvedale.

484. But I am firmly persuaded, there is no Remedy in Nature for Nervous Disorders of every Kind, comparable to the proper and constant Use of the Electrical Machine.

#### 147. An old stubborn Pain in the Back.

485. Steep Root of *Water-Fern* in Water, till the Water becomes thick and clammy. Then rub the Parts therewith Morning and Evening.

## 148. The Palsey. ||

486. Use the *cold Bath*, if you are under Fifty, rubbing and sweating after it :

487. Or, shred *white Onions*, and bake them gently in an earthen Pot, 'till they are soft. Spread a thick Plaster of this, and apply it to the benumb'd Part, all over the Side, if need be. *I.*

488. Or, take *Tar-water*, Morning and Evening :

489. Or, boil *white* and *red Sage*, a Handful of each in a Quart of *white Wine*. Strain and bottle it. Take a small Glass Morning and Evening. This helps all Nervous Disorders.

490. Or, apply to the Parts boil'd *Sage-leaves* hot : and drink Decoction of *Sage* Morning and Evening :

491. Or of *Water-dock*, applying the *boil'd Leaves*..

## 149. Palsey of the Hands..

492. Wash them often in Decoction of *Sage* as hot as you can bear :

493. Or boil a Handful of *Elder-leaves*, and two or three Spoonfuls of *Mustard seed* in a Quart of Water. Wash often in this, as hot as may be..

## 150. Palsey of the Mouth..

494. After Purging well, chew *Mustard seed* often :

495. Or, hold in your Mouth half an Ounce of *Spirit of Lavender* :

496. Or, gargle with Juice of *Wood-sage*.

## 151. Palsey from working with white Lead or Verdigrease.

497. Use *warm Baths* and a *Milk Diet*.

## 152. The Palpitation or Beating of the Heart.

498. Drink a Pint of *cold Water* :

499.

|| A *Palsey* is the Loss of Motion or Feeling, or both in any particular Part of the Body.

499. Or, apply outwardly a Rag dipt in *Vinegar* :  
 500. Or, be *electrified* :  
 501. Or, take a Decoction of *Mother-wort* every Night.

### 153. The Piles (to prevent.)

502. Wash the Parts often with *cold Water*.

### 154. The Piles (to cure.)

503. Apply warm *Treacle* :  
 504. Or, of *Tobacco-leaf* steep'd in Water twenty four Hours :  
 505. Or, a Poultis of boil'd *Brook-Lime*. It seldom fails :  
 506. Or, a bruised *Onion* skin'd ; or roasted in *Ashes*. It perfectly cures the dry Piles :  
 507. Or, *Leeks* fried in Butter :  
 508. Or, *Varnish*. It perfectly cures both the blind and bleeding Piles. *I*,

### 155. The inward Piles.

509. Drink largely of *Treacle* and *Water* :  
 510. Drink a Spoonful of Juice of *Yarrow*, or, of *Leeks*, three or four Mornings. *I*.

### 156. The Plague (to prevent.)

511. Eat *Marigold Flowers* daily, as a Sallad, with *Oil* and *Vinegar* :  
 512. Or, a little of the tops of *Rue* with *Bread* and *Butter*, every Morning :  
 513. Or, infuse *Rue*, *Sage*, *Mint*, *Rosemary*, *Wormwood*, of each a Handful, in two Quarts of the sharpest *Vinegar* over warm *Embers* for eight Days. Then strain it through a Flannel, and add half an Ounce of *Camphor*, dissolved in three Ounces of rectified *Spirits of Wine*. With this wash the Loins, Face, and Mouth, and snuff a litttle up the Nose when you go abroad. Smell to a Sponge dipt therein, when you approach infected Persons or Places.

## 157. The Plague (to cure.)

514 Cold Water alone, drank largely, has cured it:  
 515 Or, an Ounce or two of the Juice of Marigolds.  
 516 Or, take a Dram of *Angelica* powder'd, eve  
     Hours. It is a strong Sweat:  
 517 Or, after Bleeding fifty or sixty Ounces, drink  
     largely of Water sharpened with Spirit of Vitriol.  
 518 Or a Draught of *Brine* as soon as seized; sweat in it  
     take no other Drink for some Hours.  
 519 Use *Lemon-juice* largely in every Thing.

## 158. The Pleurify. \*

520 Apply to the Side *Onions* roasted in the Embers, m  
     with *Cream*;  
 521 Or, take out the Core of an Apple, fill it with whi  
     Frankincense; stop it close with the Piece you cut ou  
     and roast it in Ashes. Mash and eat it. I.  
 522 Or, a Glass of *Tar-water*, warm every half Hour:  
 523 Or, of Decoction of *Nettles*; and apply the Herb, he  
     as a Poultis:  
 524 Or, a Plaster of *Flour of Brimstone* and *White of an E*

## 159. To one Poison'd.

525 Give one or two Drams of *distilled Verdigrease*. It  
     mits in an Instant.

## 160. A Prick or Cut that festers.

526 Apply *Turpentine*.

## 161. An easy Purge.

527 Drink a Pint of warmish Water fasting, walking af  
     it:  
 528 Or, infuse from half a Dram to two Drams of *Dam*  
     R

\* A *Pleurify* is a Fever attended with a violent Pain in the Side,  
     a Pulse remarkably hard.

Rose-leaves dried, in half a Pint of warm Water for twelve Hours :

529 Or, infuse three Drams of *Sena*, and a Scruple of *Salt of Tartar*, in half a Pint of River Water for twelve Hours. Then strain and take it in the Morning.

### 162. A stronger Purge.

530 Drink half a Pint of strong Decoction of *Dock-Root* :

531 Or, two Drams of the powder'd Root of *Monks Rhubarb*, with a Scruple of *Ginger*.

### 163. The Quinsy. \*

532 Apply a large White-bread Toast, half an Inch thick, dipt in *Brandy*, to the crown of the Head till it dries.

533 Or, drink a Quart of cold Water lying down in Bed:

534 Or, swallow slowly white Rose-water, mixt with Syrup of *Mulberries* :

535 Or, Juice or Jelly of *black Currants*, or Decoction of the Leaves or Bark. I.—(See likewise Art. 592.)

### 164. The Rheumatism. †

536 Use the *Cold Bath*, with Rubbing and Sweating :

537 Or, rub in warm *Treacle*, and apply to the Part a brown Paper smeared therewith : Change it in twelve Hours :

538 Or, drink very largely of warm Water in Bed :

539 Or, *Tar-water* Morning and Evening :

540 Or, steep six or seven Cloves of *Garlick* in half a Pint of white Wine. Drink it lying down. It sweats and frequently cures at once :

541 Or, mix Flour of *Brimstone* with *Honey*, equal Quantities. Take three Tea-spoonfuls at Night, two in the Morning; and one afterwards Morning and Evening,

F

till

\* The *Quinsy* is; A Fever attended with Difficulty of Swallowing, and often Breathing.

† Rheumatical Pains are generally most violent as soon as you are warm in Bed.

till cured. This succeeds oftener than any Remedy I have found:

542 Or, take Morning and Evening as much *Lignum Guaiacum* powder'd, as lies on a Shilling:

543 Or, as much *Flour of Sulphur*, washing it down with a Decoction of *Lignum Guaiacum*:

544 Or, live on *new Milk Whey* and *white Bread* for fourteen Days. This has cured in a desperate Case.

### 165. To restore the Strength after a Rheumatism.

545 Make a strong Broth of *Cow-heels*, and wash the Parts with it warm twice a Day. It has restored one who was quite a Cripple, having no Strength left either in his Legs, Thighs or Loins.

### 166. The Rickets (to prevent or cure)

546 Wash the Child every Morning in cold Water.

### 167. Ring-Worms.

547 Rub them with *Oil of Paper*:

548 Or with Juice of *House-leek*:

549 Or, wash them with Decoction of *Soap-wort*; or *Hungary-Water* camphorated.

### 168. Running at the Nose.

550 Snuff up a Tea-spoonful of Spirit of *Hartshorn*:

### 169. A Rupture.

551 Take *Agrimony*, *Spleenwort*, *Soloman's Seal*, *Strawberry roots*, a Handful of each; pick and wash them well; stamp and boil them two Hours, in two Quarts of white Wine in a Vessel Close stopt. Strain and drink a large Glass of this every Morning, and an Hour after drink another. It commonly cures in a Fortnight. A good Truss mean Time is of great Use.

## 170. A Fresh Rupture.-

552 Take Decoction of *Plantane-leaves*, Morning and Evening :

553 Or, dry a Spoonful of *Plantane-seed* by the Fire ; boil it in Milk, and take half a Pint every Morning.

## 171. A Rupture in Children.-

554 Boil a Spoonful of *Egg shells* dried in an Oven and powder'd in a Pint of Milk to three Quarters of a Pint. Feed the Child constantly with Bread boil'd in this Milk.

## 172. A Windy Rupture.

555 Warm *Cow-dung* well. Spread it thick on Leather, strowing some *Cumin-seeds* on it, and apply it hot. When cold put on a new one. It commonly cures a Child (keeping his Bed) in two Days.

## 173. A Scald Head.-

556 Anoint it with *Barbadoes Tar*.

## 174. The Sciatica. \*

557 Is certainly cured by taking a Purge in a few Hours after it begins :

558 Or, use cold Bathing, and sweat, together with the Flesh brush twice a Day.

559 Or, apply Leaves of *Ranunculus* bruised, for six Hours.

560 " Many have been cured in four or five Days, only by drinking half a Pint of cold Water daily, in the Morning, and at four in the Afternoon."

561 Or, apply pounded Roots of *Burdock* and of *Elicompane* cold. This usually cures, if kept on twenty-four Hours; but it gives Pain :

562 Or, boil Nettles till soft. Foment with the Liquor,

\* The *Sciatica* is a violent Pain in the Hip, chiefly in the Joint of the Thigh Bone.

then apply the Herb as a Poultis.—I have known this cure a Sciatica of forty five Years standing.

563 Or, boil *Calamint*; apply this as a Poultis, shifting it daily. Mean-time drink a Decoction of it Morning and Evening.

564 Or, apply Flannels dipt in *stale Lie*, boil'd with Salt as hot as you can bear, for an Hour.

175. Inflammations or Swellings of the Scrotum.

565 Wash it thrice a Day with strong Decoction of *Agimony*.

176. A Scorbutick Atrophy. †

566 Use cold Bathing : Which also cures all

177. Scorbutick Pains.

178. Scorbutick Sores.

567 Put half a Pound of fresh shaved *Lignum-vita* and half an Ounce of *Sena* into an Earthen Pot, that holds six Quarts. Add five Quarts of soft Water, and lute the Pot close. Set this in a Kettle of cold Water, and put it over a Fire, till it has boiled three Hours. Let it stand in the Kettle till cold. When it has stood one Night drink daily half a Pint, new Milk warm, fasting, and at four in the Afternoon. Wash with a little of it. In three Months all the Sores will be dried up.

179. The Scurvy. †

568 Live on *Turnips* for a Month :

569 Or, an entire *Milk Diet*, for six Months :

570 Or, take *Tar-water* Morning and Evening for three Months .

† Such a Degree of the *Scurvy*, as causes the Flesh to waste away, like a *Consumption*.

† The *Scurvy* is known by Heaviness of Body, Wæriness, Rottenness of *Gums*, and yellow, lead or violet-coloured Spots on the Legs.

571 Or, Infusion of *Horse-Radish* :  
 572 Or, Decoction of great *Water-Dock*.  
 573 Or, three Spoonfuls of *Nettle juice* every Morning :  
 574 Or, infuse dried *Dock-roots* in your common Drink :  
 575 Or, use Infusion or Powder of *Wall-rue*, Morning and Evening.—See Art. 430.  
 576 Or, pound into a Pulp *Sevile Oranges* sliced, Rind and all, and Powder Sugar equal Quantities. Take a Tea-spoonful three or four times a Day. I.  
 577 Water and Garden *Cresses*, Mustard, and Juice of Scurv-grass help in a cold Scurvy :  
 578 When there is a continual salt Taste in the Mouth, take a Pint of *Lime-Water* Morning and Evening.

### 180. A Broken Skin.

579 Bind a dry *Oak-leaf* upon it.

### 181. The Shingles. †

580 Drink a Pint of *Sea-water* every Morning for a Week; toward the Close, bathe also.

### 182. Sickishness in the Morning.

581 Eat nothing after Six in the Evening.

### 183. Skin rubbed off.

582 Apply pounded *Self-heal*.—It seldom needs repeating.

### 184. Small Pocks.

583 Drink largely of *Toast* and *Water* :  
 584 Or, let your constant Drink be *Milk* and *Water* mixt.  
 585 The best Food is *Milk* and *Apples* :  
 586 Or, *Bread* dipt in *Milk* and *Water*.  
 587 Take care to have a free, pure, and cool Air. There-

† A Kind of *Ring-Worm*, which incircles the Body, like a Belt, of an Hand's Breadth.

fore open the Casement every Day, only do not let it chill the Patient.

588 If they strike in, and Convulsions follow, drink a Pint of *cold Water* immediately. This instantly stops the Convulsions, and drives out the Pock.

### 185. A Sore Mouth.

589 Apply the White of an *Egg*, beat up with *Loaf-sugar*

590 Or, gargle with Juice of *Cinquefoil*.

### 186. A Sore Throat.

591 Take a Pint of *cold Water*, lying down in Bed:

592 Or, apply a Chin-stay of *roasted Figs*:

593 Or, a Flannel sprinkled with Spirits of *Hartshorn* to the Throat, and rub *Hungary water* on the Top of the Head:

594 Or, gargle with *Rose-water*, and Syrup of *Mulberries*:

595 Or, snuff a little *Honey* up the Nose.

596 An old sore Throat was cured by living wholly on *Apples* and *Apple-water*.

### 187. A Sprain.

597 Hold the Part in very *cold Water* for two Hours:

598 Or, apply Cloths dipt therein, four Times doubled, for two Hours, changing them as they grow warm:

599 Or, bathe it in good *Crab-roe juice*:

600 Or, stoop it with one Spoonful of *Brandy*, to one of *Vinegar*, and four of *Water*:

601 Or, boil *Bran* in *Wine Vinegar* to a Poultis. Apply this warm, and renew it once in twelve Hours:

602 Or, boil eight Ounces of *Castile-Scap* and as much *Bay salt* in four Quarts of Water. Put the Part sprained in to this for half an Hour; or, foment with it:

603 Or, mix a little *Turpentine* with Flour and the Yolk of an Egg; and apply it as a *Plaister*. This cures in desperate Case.

604 Weakness remaining after a Sprain, is cured by fomenting the Part daily with *Beef-Brine*.

## 188. A venomous Sting.

605 Apply a little *Venice Treacle* :

606 Or, a Poultis of bruised *Plantane* and *Honey* .

607 Or, take inwardly, one Dram of *black Currant-leaves* powder'd. It is an excellent Counter poison.

## 189. The Sting of a Bee.

608 Apply *Honey* .

## 190. The Sting of a Nettle.

609 Rub the Part with *Juice of Nettles* .

## 191. The Sting of a Wasp.

610 Rub the Part with Bruised Leaves of *House-leek* :

611 Or, of *Water-cresses* :

612 Or, of *Rue* :

613 Or, apply *Venice Treacle* .

## 192. The Sting of a Bee or Wasp in the Eye.

614 Apply *Carduus* bruised, with the White of an Egg, Renew it if it grows dry.

## 193. A Stitch in the Side.

615 Apply *Treacle* spread on a hot Toast.

## 194. Frequent or violent Stitches.

616 Drink Decoction of *Nettles*, and apply the Herbs hot :

617 Or, boil two or three Sprigs of *Penny-royal* in a Pint of Milk. Drink the Milk, and apply a Poultis of the Herbs hot :

618 Or, Take a Tea-spoonful of *Irish Slate* finely powder'd.

## 195. Accidental Sicknes, or Pain in the Stomach.

619 Vomit with a Quart or more of *warm Water*. Do this twice

twice or thrice, omitting a Day between.

196. A Pain in the Stomach from bad Digestion.

620 Take fasting, or in the Fit, half a Pint of *Camomile Tea*. Do this five or six Mornings :

621 Or, drink the Juice of half a large *Lemon* immediately after Dinner every Day :—Dr. *Mead*.

622 Or, from twenty to forty Drops of *Elixir of Vitriol* in *Sage Tea*, twice or thrice a Day :

623 Or, in the Fit, a Glass full of *Vinegar*.

197. Cholerick, Hot Pains in the Stomach.

624 Take half a Pint of the Decoction of *Ground-ivy*, with a Tea-spoonful of the Powder of it, five or six Mornings. I.

198. Coldness in the Stomach.

625 Take a Spoonful of the Syrup of the Juice of *Carduus Benedictus*, fasting for three or four Mornings. I.

199. Pain in the Stomach, with Coldness and Wind.

626 Swallow five or six Corns of *white Pepper*, for six or seven Mornings.

200. The Stone (to prevent).

627 Eat a thin Slice of *dry Bread* every Morning :

628 Or drink a Pint of *warm Water* daily just before Dinner. After discharging one Stone, this will prevent the generating of another.

629 Stoop down, and raise yourself up again, If you feel Pain, as if cut thro' the Middle, the Pain is not from the Stone but *Rheumatism*.

630 Beware of Costiveness. Use no violent Diuretics. Mead is a proper Drink.

631 In the Fit, slice a large *Onion*; pour half a Pint of *warm Water* upon it. After it has stood twelve Hours, drink

drink the Water. Do this every Morning till you are well.

### 201 In a Raging Fit.

632 Beat *Onions* into a Pulp, and apply them as a Poultis, Part to the Back, and Part to each Groin. It gives speedy Ease in the most racking Pain :  
 633 Or, give a Clyster with Oil of *Turpentine*.

### 202. The Stone (to ease or cure.)

634 Take Decoction of *Agrimony* Morning and Evening.  
 635 Or of *Camomile*.  
 636 Or, boil half a Pound of *Parsnips* in a Quart of Water. Drink a Glass of this Morning and Evening, and use no other Drink all the Day.—It usually cures in six Weeks :  
 637 Or, take daily four Pints of *Lime-water*, made by pouring four Quarts of Water on a Pound of fresh calcined *Oyster-shells* and *Cockle-shells*.  
 638 " Or, take Morning and Evening a Tea-Spoonful of *Onions* calcined into white Ashes, in white Wine. An Ounce will often dissolve the Stone."  
 639 Or, take a Tea-spoonful of *Violet-seed* powdered, Morning and Evening. It both wastes the Stone, and brings it away :  
 640 Or, burn the dried Shells of *Kidney Beans* to Powder. Put two Tea-spoonfuls of this into a half Pint Tea pot. Pour boiling Water on it at Night. In the Morning pour it off clear, warm it again, and drink it sweetened with *Honey*. Do this daily every other Fortnight till cured.

### 203. The Stone in the Kidneys.

641 Use the *cold Bath* : Or, drink half a Pint of Water every Morning :  
 642 Or, Decoction of *Speedwell* largely

### 204. Stoppage in the Kidneys.

643 Take Decoction of Juice or Syrup of *Ground-ivy* Morning and Evening :  
 644.

644 Or, of *Pellitory of the Wall* :  
 645 Or, of *Juice of Radishes* :  
 646 Or, half a Pint of *Tar-water*.

### 205. The Stranguary.

647 Use the *cold Bath* :  
 648 Or, drink largely of *Decoction of Turnips sweetened with Honey*.  
 649 Or, of warm *Lemonade* : I.  
 650 Or, of *Decoction of Mallows* ;  
 651 Or, of *Decoction of red Nettle-seed* :  
 652 Or, Take a Tea-spoonful of *calcin'd Egg-shells*, Morning and Evening.

### 206. Sunburn, (smarting.)

653 Wash the Face with *Sage-tea*.

### 207. To stop profuse Sweating.

654 Drink largely of *cold Water*.

### 208. Swelled Glands in the Neck.

655 Take half a Pint of *Sea-water* every other Day.

### 209. Swelled Legs.

656 Bathe them every Morning in *cold Water*, and take an easy *Purge* twice a Week :  
 658 Or, take *Worm-wood*, *Southerwood* and *Rue*, stamp them together, and fry them in *Honey*, till they grow dry : Then apply them as hot as you can bear.

### 210. A Swell'd Throat.

659 Gargle with *Decoction of Nettles* :  
 660 Or, of *Primrose-leaves*.

### 211. A white Swelling (on the Joints.)

661 Hold the Part half an Hour every Morning, under the

the Stream that falls from a Mill; or under a Pump or Cock. This cures also any Pains in the Joints. It seldom fails.

662 Or, apply a Poultis of *Wormwood* fryed with *Hogs Lard*.

### 212. To dissolve white or hard Swellings.

663 Take white *Roses*, *Elder Flowers*, *Leaves* of *Fox-glove* and of *St. John's Wort*, a Handful of each: Mix with *Hogs-Lard*, and make an Ointment.

### 213. To fasten the Teeth.

664 Chew often Roots of *Brook-Lime*:

665 Or, put powder'd *Allum* the Quantity of a Nutmeg, in a Quart of Spring Water, for twenty-four Hours. Then strain the Water and gargle with it:

666 Or, boil so much of *Allum* therein. Strain and keep it for Use:

667 Or, gargle often with *Phyllyrea leaves* boiled with a little *Allum*, in *Forge-water*.

### 214. To clean the Teeth.

668 Rub them with *Ashes* of burnt *Bread*.

### 215. To prevent the Tooth-ach.

669 Wash the Mouth with *cold Water* every Morning.

670 Or, rub the Teeth often with *Tobacco Ashes*.

### 216. To cure the Tooth-ach.

671 Be *electrified* through the Tooth:

672 Or, rub the Cheek a Quarter of an Hour:

673 Or, put a Clove of *Garlick* into the Ear:

674 Or, *Parsley* much bruised, with a little *Bay Salt*:

675 Or, a Piece of *Plantane root*, fresh digg'd up, and washed:

676 Or, lay roasted Parings of *Turnips*, as hot as may be, behind the Ear:

677 Or, put a Leaf of *Betony* bruised, up the Nose :  
 678 Or, lay bruised or boil'd *Nettles* to the Check,  
 679 Or, a Bag filled with hot *Camomile* Flowers :  
 680 Or, lay a Clove of *Garlick* on the Tooth :  
 681 Or, chew the Root of the yellow *Water Flower* de  
 682 Or, gargle with Decoction of *Mulberry Leaves* :  
 683 Or, put into the hollow Tooth, a little Cotton. d  
     in *Lucatellus Balsam* :  
 684 Or, a Drop or two of *Oil of Cloves* on Cotton :  
 685 Or, dissolve a Dram of crude *Sal Armoniac* in t  
     Drams of *Lemon-juice* : Wet *Cotton* herein and apply :  
 686 Or, apply to the Cheek *Gum Tacamahac* spread on Si  
 687 Or, keep the Feet in *warm Water*, and rub them w  
     with *Bran*, just before Bed-time :  
 688 Or, take an Ounce of *Rob* of *Elder* in Broth, and ga  
     gle with it.

### 217. Pain in the Testicles.

689 Apply *Pellitory* of the *Wall* beaten up into a Poultice  
     changing it Morning and Evening.

### 218. To draw out Thorns, Splinters and Bone

690 Apply *Nettle Roots* and *Salt* :  
 691 Or, *Turpentine* spread on *Leather*.

### 219. The Thrush. \*

692 Mix juice of *Celandine* with *Honey*, to the Thickneſſ of  
     *Cream*. Infuse a little powder'd *Saffron*. Let this ſt  
     mer a while and ſcum it. Apply it (when needed) w  
     a *Feather*. At the ſame Time give eight or ten Grains  
     of *Rhubarb*.

### 220. Torpor (or Numbness) of the Limbs.

693 Use the *cold Bath*, with Rubbing and Sweating.

## 221. Twisting of the Guts.

694 Many at the Point of Death have been cured by taking one, two or three Pounds of *Quicksilver* in Water. *Pareus.*

## 222. The Tympany or Windy Dropsy.

695 Use the *cold Bath*, with Purges intermixt :

696 Or, mix the Juice of *Leeks* and of *Elder*. Take two or three Spoonfuls of this Morning and Evening.

## 223. A Vein or Sinew cut.

697 Apply the inner green Rind of *Hazle* fresh scraped.

## 224. The Vertigo or Swimming in the Head.

698 Take a *Vomit* or two :

699 Or, Use the *cold Bath* for a Month :

700 Or, drop Juice of *Pimpernell* into the Ear Morning and Evening.

701 Or, in a *May* Morning, about Sun-rise, snuff up daily the *Dew* that is on *Mallow Leaves* :

702 Or, apply to the Top of the Head, shaven, a Plaster of Flour of *Brimstone*, and white of Eggs :

703 Or, drink Morning and Evening half a Pint of Decoction of *Primrose-root* : I.

704 Or, of *Sage* washing also the Head, therewith :

705 Or, take every Morning half a Dram of *Mustard-seed*.

## 225. Vigilia, Inability to Sleep.

706 Apply to the Forehead for two Hours, Cloths four Times doubled, and dipt in *cold Water*. I have known this applied to a lying-in Woman, and her Life saved thereby :

707 Or, use the *cold Bath*. It cures even in desperate Cases :

708 Or, apply to the Head Leaves of *water Lillies* :

709 Or, a Poultis of *Henbane* and *Poppy-seed*, beaten together :

710 Or, use small Doses of *Camphor*. It is both safer and surer than *Opium*.

## 226. Bite of a Viper or a Rattle-Snake.

711 Rub the Place immediately with *common Oil*. *Quere*,  
Would not the same cure the Bite of a *mad Dog*? Would  
it not be worth While, to make the Trial on a *Dog*?

## 227. To prevent the Bite of a Viper.

712 Rub the Hands with *Juice of Radishes*.

## 228. An Ulcer.

713 Dry and powder a *Walnut Leaf*, and strew it on, and  
lay another *Walnut Leaf* on that:

714 Or, boil *Walnut-tree Leaves* in Water with a little Su-  
gar. Apply a Cloth dipt in this, changing it once  
in two Days.

## 229. An Inward Ulcer.

715 Drink *Tar-water* Morning and Evening:

716 Or, Decoction of *Pimpernel*.

## 230. Ulcer in the Bladder or Kidneys.

717 Take Decoction of *Agrimony* thrice a Day:

718 Or, Decoction, Powder, or Syrup of *Horse-tail*.

## 231. A Fistulous Ulcer.

719 Apply *Wood Betony* bruised, changing it daily:

720 Or, Leaves of *Water Dock* bruised.

## 232. A Bleeding Varicous Ulcer in the Leg.

721 Was cured only by constant *cold Bathing*:

## 233. A Malignant Ulcer.

722 Foment Morning and Evening, with a Decoction of  
*Mint*. Then sprinkle on it finely powder'd *Rue*:

723 Or, apply *Juice of Pimpernel* boiled with the *Herb*.

## 234. A Stubborn Ulcer.

724 Burn to Ashes (but not too long) the gross Stalks on which the *red Coleworts* grow. Make a Plaister with this and fresh Butter. Change it once a Day.

725 Or, apply a Poultis of boil'd *Parsnips*. This will cure even when the Bone is foul.

## 235. An easy and safe Vomit.

726 Boil half a Handful of *Artichoke-leaves* in a Quart of Water. The more you drink of warm Water after it the better :

727 Or, a Dram and a half of *Primrose Root* powder'd : It is best if gather'd in *August*.

728 Or, infuse three Drams of *Radish-seed* in a Quart of warm Water for twelve Hours. Squeeze off the Water, and take it.

## 236. To stop Vomiting.

729 If the Vomiting be not the Effect of a Medicine : after every Vomiting drink a Pint of warm Water :

730 Or, apply a large *Onion* slit, to the Pit of the Stomach : *I.*

731 Or, take a Spoonful of *Lemon-juice* and six Grains of Salt of Wormwood :

732 Or, infuse an Ounce of *Quicksilver* in a large Glass full of Water for twenty-four Hours. Then drink the Water : *I.*

## 237. Bloody Urine.

733 Take a Quarter of a Pint of *Sheeps Milk* twice a Day :

734 Or, half a Pint of Decoction of *Agrimony* :

735 Or, of Decoction of *Yarrow*.

## 238. Urine by Drops with Heat and Pain.

736 Drink nothing but *Lemonade* :

737 Or, beat up the Pulp of five or six roasted *Apples* with

near a Quart of Water. Take it lying down. It commonly cures before Morning.

### 239. Involuntary Urine.

738 Use the *cold Bath* :

739 Or, take a Tea-spoonful of powder'd *Agrimony* in a little Water Morning and Evening.

740 Or, a Quarter of a Pint of *Allum-Pofft-Drink* every Night.

### 240. Sharp Urine.

741 Take two Spoonfuls of fresh Juice of *Ground-Ivy*.

### 241. Suppression of Urine.

742 Drink largely of warm *Lemonade* :

743 Or, take a Spoonful of Juice of *Lemons*, sweetn'd with Syrup of *Violets* :

744 Or, a Spoonful of Juice of *Radishes* :

745 Or, two Spoonfuls of Juice of *Onions* :

### 242. Uvula inflamed. \*

746 Gargle with a Decoction of beaten *Hemp-seed* :

747 Or, with Decoction of *Dandelion*.

### 243. Uvula relax'd.

748 Bruise the Veins of a *Cabbage-leaf*, and lay it hot on the Crown of the Head. Repeat, if needed, in two Hours: *I.*

749 Or, gargle with Decoction of *Water Dock* :

750 Or, with Infusion of *Mustard-seed* :

### 244. Warts.

751 Rub them daily with a *Radish* :

---

\* This is usually called the Palate of the Mouth.

752 Or, with Juice of *Dandelion* :  
 753 Or, of *Marigold Flowers* ;  
 754 Or, Water in which *Sal Armoniac* is dissolved.

### 245. The Whites.

755 Feed sparingly. Use Exercise constantly. Sleep moderately but never lying on your Back.  
 756 First bleed. Then purge thrice with twenty Grains of *Rhubarb* and five of *Calomel* :  
 757 Or, boil four or five Leaves of the *white Holy Oak*, in a Pint of Milk with a little Sugar. Then add a Sea-spoonful of *Balm of Gilead*. Drink this every Morning. I.  
 758 Make *Venice Turpentine*, *Flour* and *fine Sugar*, equal Quantities, into small Pills. Take three or four of these Morning and Evening. This also cures most Pains in the Back :  
 759 Or, *Quicksilver* and *Gas of Sulphur*, as for an *Asthma*. This seldom fails :  
 760 Or, after Purging, take about fifteen Grains of *Ceruse of Antimony* in *white Wine*, twice or thrice a Day.

### 246. A Whitlow.

761 Apply a Poultis of *chew'd Bread*. Shift it once a Day :  
 762 Or, a Plaister of *Ground-Ivy* stampf.

### 247. Weakness in the Ankles.

763 Hold them in *cold Water* a Quarter of an Hour, Morning and Evening.

### 248. Worms. \*

764 Take a Spoonful of *Salt* in a Glass of Water every Morning :

\* A Child may be known to have the Worms, by Chillness, Paleness, Hollow Eyes, Itching of the Nose, Starting in Sleep, and an unusually stinking Breath,--- Worms are never found in Children who live wholly on Milk.

766 Or, a Dram and a half of *Nitre* in Broth : *I.*  
 766 Or, a Spoonful of Juice of *Spear-mint* :  
 767 Or, of Juice of *Lemons* :  
 768 Or, a Glafs of *Onion-water* :  
 769 Or, boil an Ounce of *Quicksilver* in half a Pint of Spring Water. Use this for common Drink :  
 770 Or, take two Tea-spoonfulls of *Worm-seed* mixt with *Treacle* for six Mornings :  
 771 Or, a Dram of powder'd *Fern-root*, boil'd in *Mead*. This kills both the flat and round Worms. Repeat the Medicine from Time to Time.

### 249. Flat Worms.

772 Take *Filings of Tin* and *red Coral*, of each an equal Quantity : Pound them together into a very fine Powder: Of which one Drachm, made into a Bolus with *Conserve of the Tops of Sea-worm-wood*, is to be taken twice a Day.

### 250. Wounds.

773 Apply Juice or Powder of *Yarrow*. *I.*  
 774 Or, bind Leaves of *Ground-Ivy* upon it :  
 775 Or, bruised *Hyssop*, with a little Sugar :  
 776 Or, *Wood-betony* bruised. This quickly heals even cut Veins and Sinews, or draws out Thorns or Splinters.  
 777 Keep the Part in *cold Water* for an Hour, keeping the Wound closed with your Thumb. Then bind on the thin Skin of an *Egg-shell*, for Days or Weeks, till it fall off it-self. Regard not tho'it prick or shoot for a Time.

### 251. Inward Wounds.

778 Infuse *Yarrow* twelve Hours in warm Water. Take a Cup of this four Times a Day. *I.*

### 252. Putrid Wounds.

779 Wash them Morning and Evening with warm Decoction of *Agrimony*. If they heal too soon, and a Matter gather underneath, apply a Poultis of the Leaves pound-ed, changing them once a Day, till well.

### 253. Wounded Tendons.

780 Boil *Comfrey Roots* to a thick Mucilage, and apply this as a Poultis, changing it once a Day.



# COLD BATHING

Cures Young Children of

**C**ONVULSIONS,  
Coughs,

Cutaneous Inflammations, Pimples, and Scabs,

Gravel,

Gripes,

Inflammations of the Ears, Navel, or Mouth,

Rickets,

Suppression of Urine,

Vomiting,

Want of Sleep,

It prevents the Growth of Hereditary

Apoplexies,

Asthma's,

Blindnes,

Consumptions,

Deafnes,

Deliria,

Gout,

King's Evil,

Melancholy,

Palsies,

Rheumatism,

Stone.

It cures every Nervous, † and every Paralitick Disorder :  
in particular,

The Asthma,

Ague

† And this, I apprehend, accounts for its frequently curing the *Bite of mad Dog*; especially if it be repeated for twenty-five or thirty Days successively.

Ague of every Sort,  
 Atrophy,  
 Blindness,\*  
 Cancer,  
 Chorea Sancti Viti,  
 Chin-cough,  
 Coagulated Blood after Bruises,\*  
 Consumptions,  
 Convulsions,  
 Coughs,  
 Complication of Distempers,  
 Convulsive Pains,\*  
 Deafness,\*  
 Dropfy,  
 Epilepsy,  
 Flour Albus,  
 Violent Fevers,  
 Gout (running)  
 Hectick Fevers,  
 Hemicrania,  
 Hysterick Pains,\*  
 Incubus,  
 Inflammations,\*  
 Involuntary Stool, or Urine,\*  
 Lameness,  
 (Old) Leprosy,  
 Lethargy,  
 Loss of Appetite,\* of Smell,\* Speech,\* Taste,\*  
 Nephritick Pains,  
 Palpitation of the Heart,  
 Pain in the Back, Joints,\* Stomach,  
 Rheumatism,\*  
 Rupture,  
 Suffocations,  
 Sciatica,\*  
 Surfeits, (at the Beginning)  
 Scorbutick Pains,\*  
 Swelling on the Joints,  
 Stone in the Kidneys,

Torpor

Torpor of the Limbs, even when the Use of them is lost,  
 Tetanus,  
 Tympany,  
 Vertigo,  
 St. Vitus's Dance,  
 Vigilia,  
 Varicous Ulcers,

But in all Cases where the Nerves are obstructed, (such as those marked thus\*) you should go to Bed immediately after, and sweat.

'Tis often useful, to use the *hot Bath* a few Days before you use the *Cold*.

Wise Parents should dip their Children in cold Water every Morning, till they are three Quarters old ; and afterwards their Hands and their Feet.

*N. B.* No Child should ever be swath'd tight. It lays the Foundation for many Diseases.——'Tis best to wean a Child at about seven Months old. They should lie in the Cradle at least a Year. No wise Parent should suffer a Child to drink any *Tea* ; (at least, till it is ten or twelve Years old) or to taste Spice or Sugar. Milk, Milk-porridge, and Water-gruel are the proper Breakfast for Children.

Washing the Head every Morning in cold Water, prevents Rheums, and cures Coughs, old Head-achs, and sore Eyes.

Water-drinking prevents

Apoplexies,  
 Asthma's  
 Convulsions,  
 Gout,  
 Hysterick Fits,  
 Madness,  
 Palsies,  
 Stone,  
 Trembling,

To this Children should be bred up from their Cradles.

*Electrifying in a proper Manner, cures*

St. Anthony's Fire,  
 Blindness,  
 Blood extravasated,  
 Bronchacele,  
 Coldness in the Feet,  
 Contractions of the Limbs,  
 Cramp,  
 Deafness,  
 Falling-Sickness,  
 Feet violently disorder'd,  
 Felons,  
 Fistula Laery malis,  
 Fits,  
 Ganglions,  
 Gout,  
 Head-ach,  
 Inflammations,  
 King's Evil,  
 Knots in the Flesh,  
 Lameness,  
 Leprosy,  
 Mortifications,  
 Pain in the Stomach,  
 Palpitation of the Heart,  
 Palsey,  
 Rheumatism,  
 Ring-Worms,  
 Sciatica,  
 Shingles,  
 Sprain,  
 Surfeit,  
 Swelling of all Sorts,  
 Throat-sore,  
 Tooth-ach,  
 Wen.

Nor have I yet known one single Instance, wherein it has done Harm : So that I cannot but doubt the Veracity of those which have affirmed the contrary.

*Fasting.* Spittle outwardly applied every Morning has sometimes relieved, and sometimes cured

Blindnes,

Corns, (mixt with chew'd Bread and applied every Morning)

Cuts, (fresh)

Deafnes,

Eye-lids, red and inflamed,

Scorbutick Tetters,

Sore Legs,

Warts,

Taken inwardly, it relieves or cures

Asthma's,

Cancers,

Falling Sicknes,

Gout,

Gravel,

King's Evil,

Leprofy,

Palsy,

Rheumatism,

Scurvy,

Stone,

Swelled Liver,

The best Way is, to eat about an Ounce of hard Bread a-biscuit, every Morning ; fasting two or three Hours after. This should be done in stubborn Cases for a Month or six Weeks.



Med. Hist.

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